

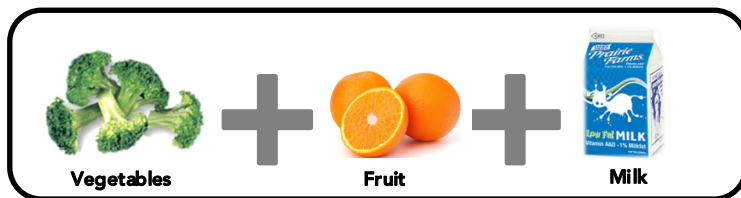
Create A Meal

- Select a 1/2 cup of Fruit or Vegetable (or both)
- Pick at least two other foods groups, such as Whole Grains, Lean Protein, or a serving of Milk
- Take a minimum of 3 food groups and a maximum of 5

MEAL EXAMPLES



= MEAL



= MEAL



= MEAL



= MEAL



= NOT A MEAL

This institution is an equal opportunity provider.

