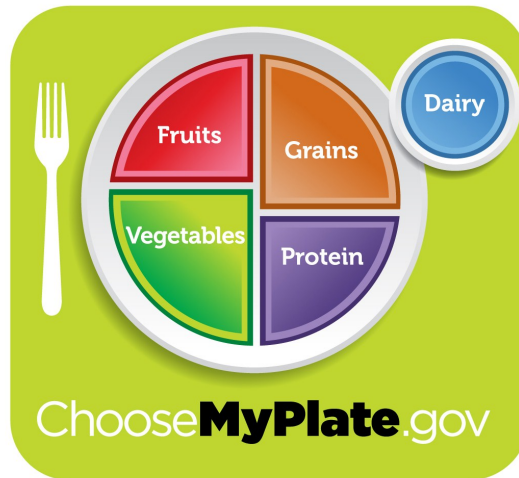


What's on your plate?

Follow these tips when planning a healthy meal. Think about what and how much food goes on your plate or in your cup or bowl. Include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Include fruits and vegetables on your half your plate



1% or skim milk



Include protein on your plate.



Half your grains should be whole grains.