

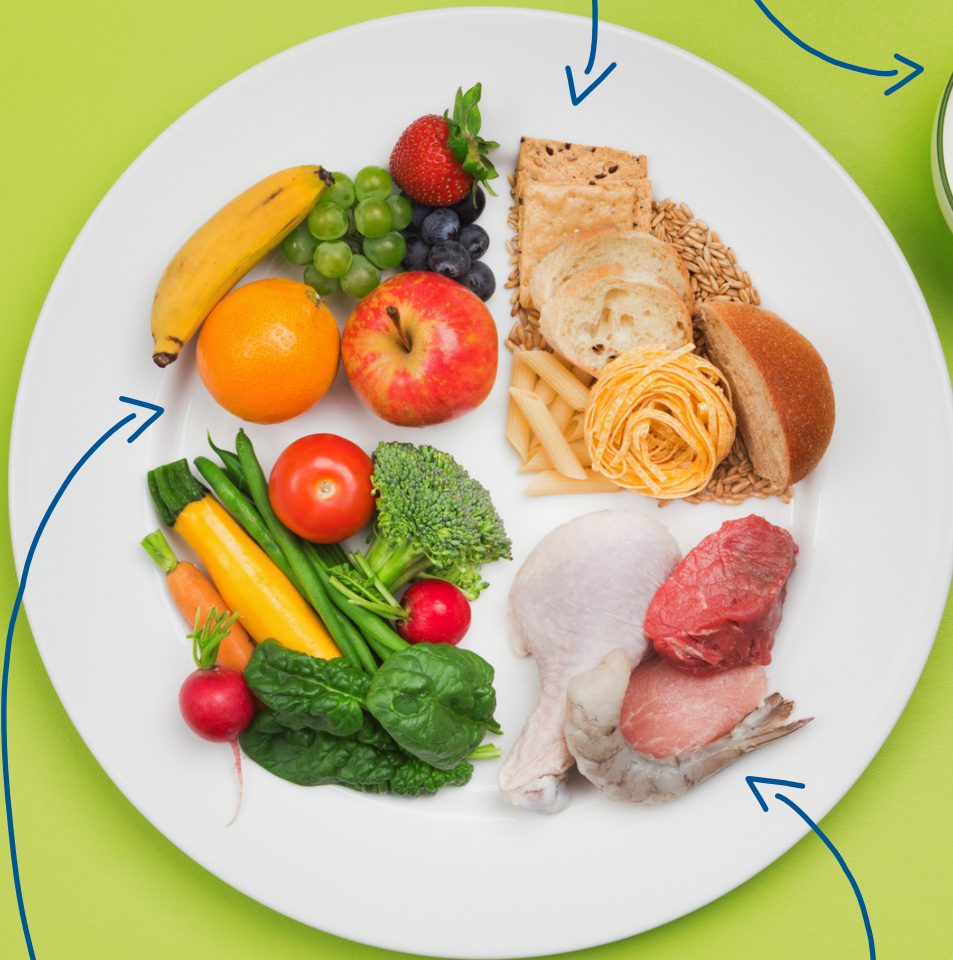
WHAT SHOULD BE ON MY PLATE?



HEALTHY PLATE SIMPLY PREPARED

Make half your grains **whole grains**.

Make sure to strengthen your body and your bones. Offer **fat-free or low-fat milk** at meals.



Vary the colors (dark-green, red, and orange) of your **fruits and vegetables** and explore different textures.

Vary your protein food. Include **seafood** in meals at least twice a week. **Beans and peas** are a great options for protein as well.