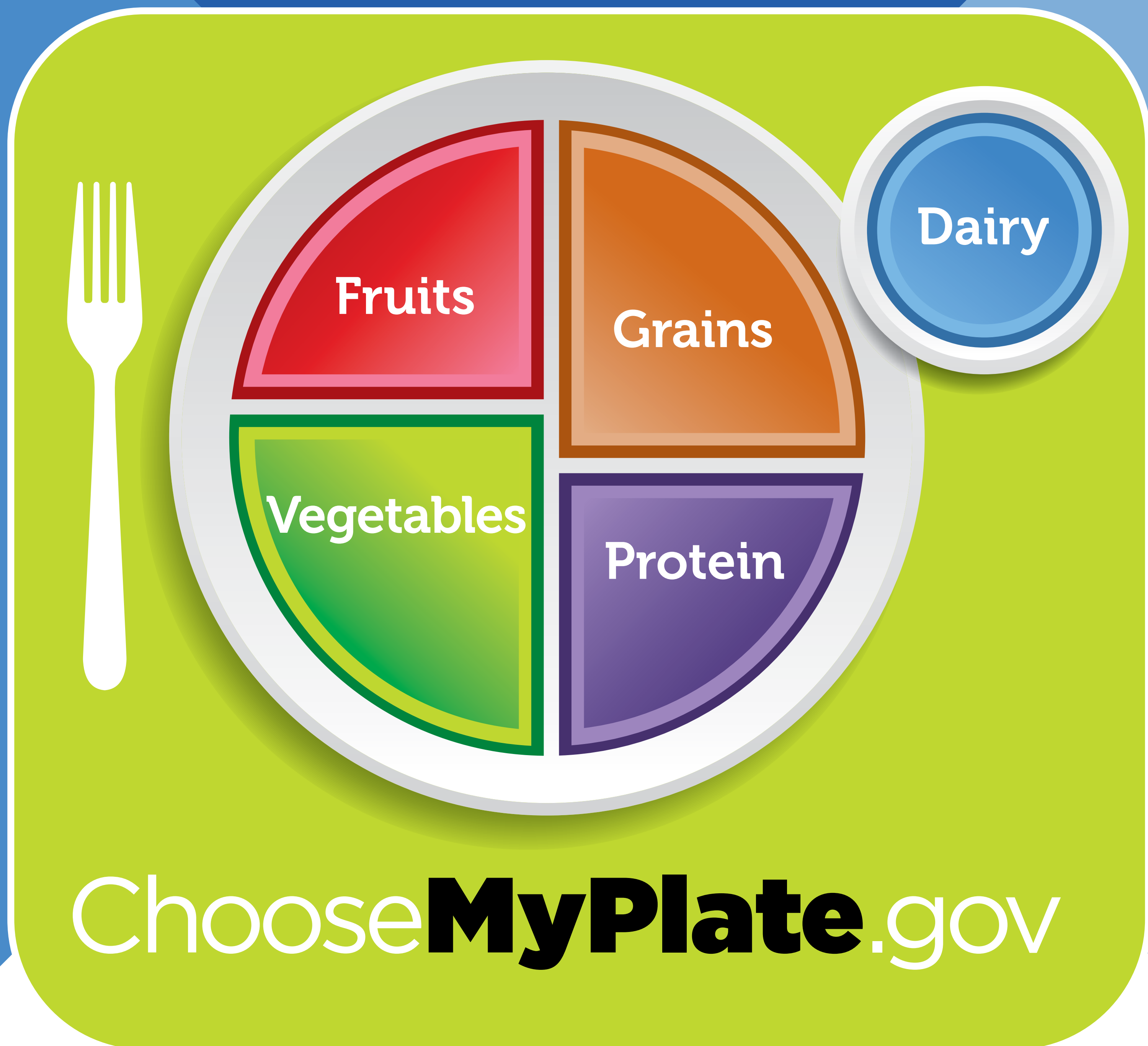


# Growing Up Food Smart with **MyPlate**



- 1 Make healthy food choices.**
- 2 Choose healthy foods at school.**
- 3 Choose healthy foods at home.**
- 4 Be active to be healthy!**



# What's on Your Plate?



- 1 Include food from all the food groups.
- 2 Make half your plate fruits and vegetables.
- 3 Make at least half your grains whole grains.
- 4 Vary your proteins (meat, chicken, fish, beans).
- 5 Drink skim or 1% milk.