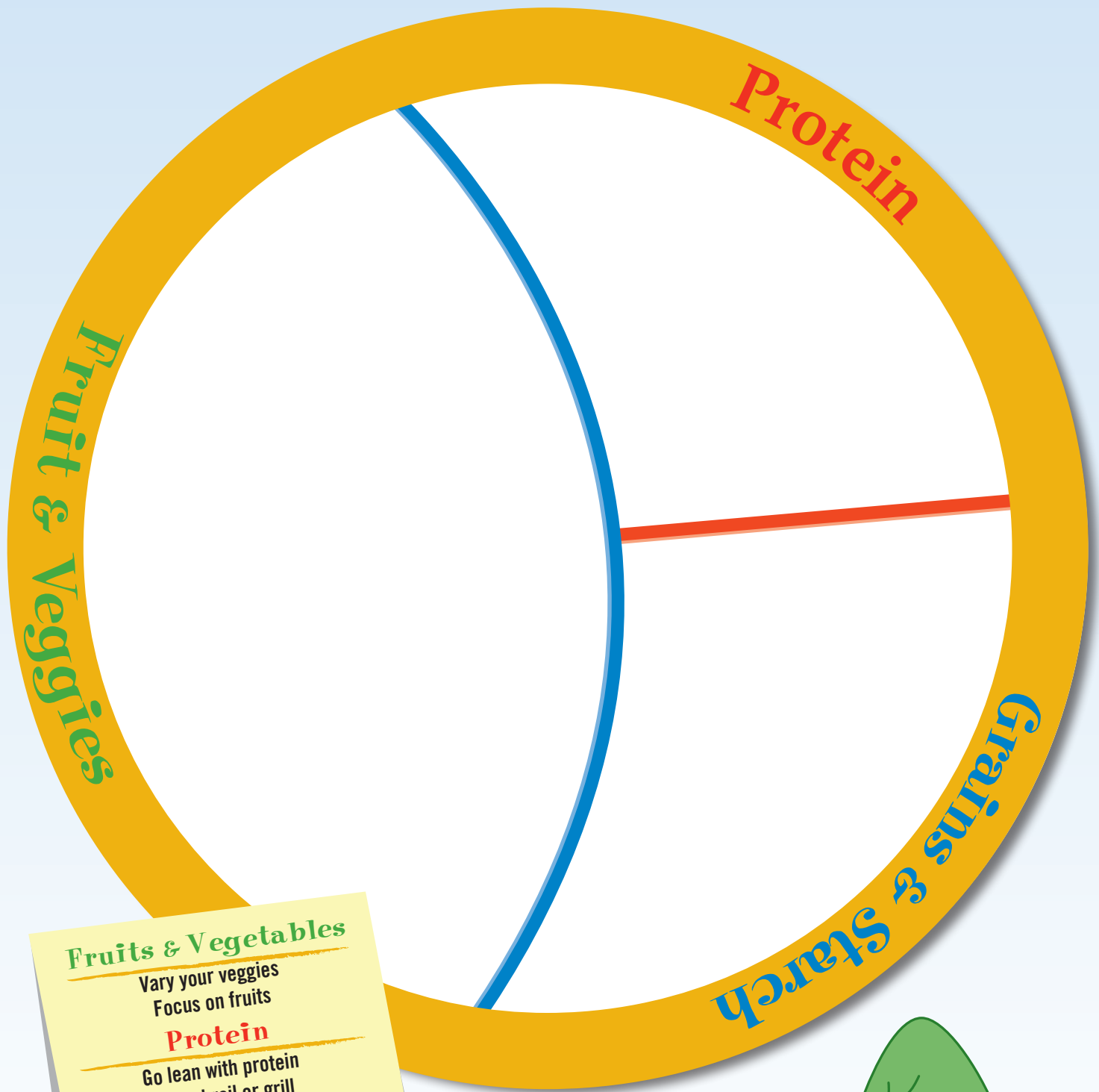


Family Plate Activity

Draw in your healthy family choices in each section



Fruits & Vegetables
Vary your veggies
Focus on fruits

Protein
Go lean with protein
Bake, broil or grill
Beans/Legumes

Grains/Starch
Aim for whole grains
Try whole wheat

