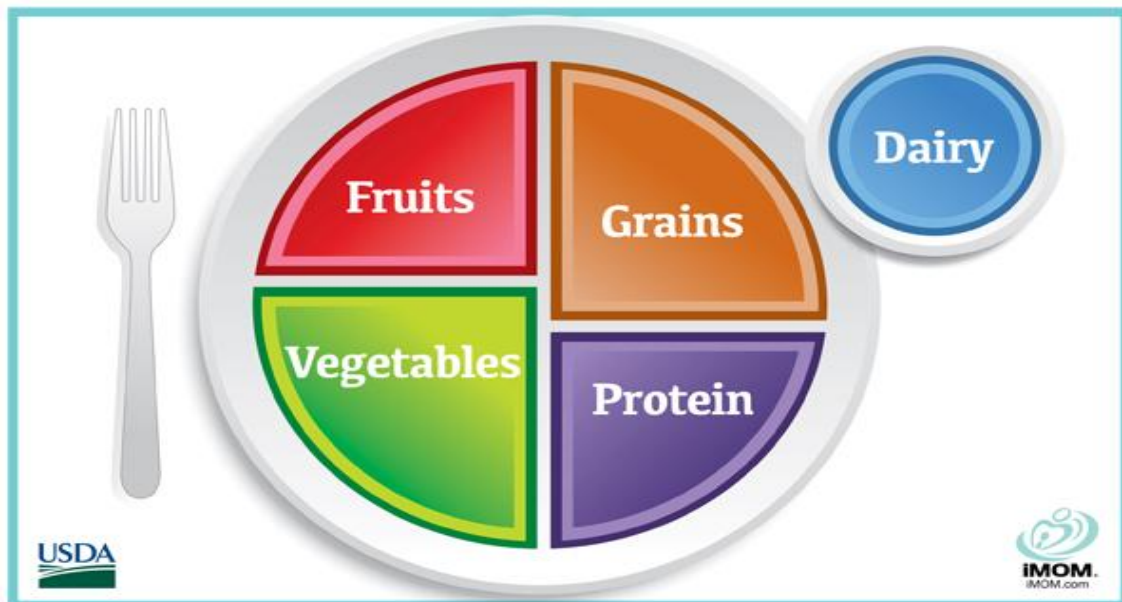


Color Your Plate

You **must** take a **fruit** or **vegetable** or both.
Select at least **3** food groups or all **5**.



Choose **1** serving of meat/meat alternate



Choose **1** fruit or **2** of the same fruit or **2** different fruits



Choose **1** vegetable or **2** of the same vegetable or
2 different vegetables



Choose **1** grain



Choose **1** milk

