

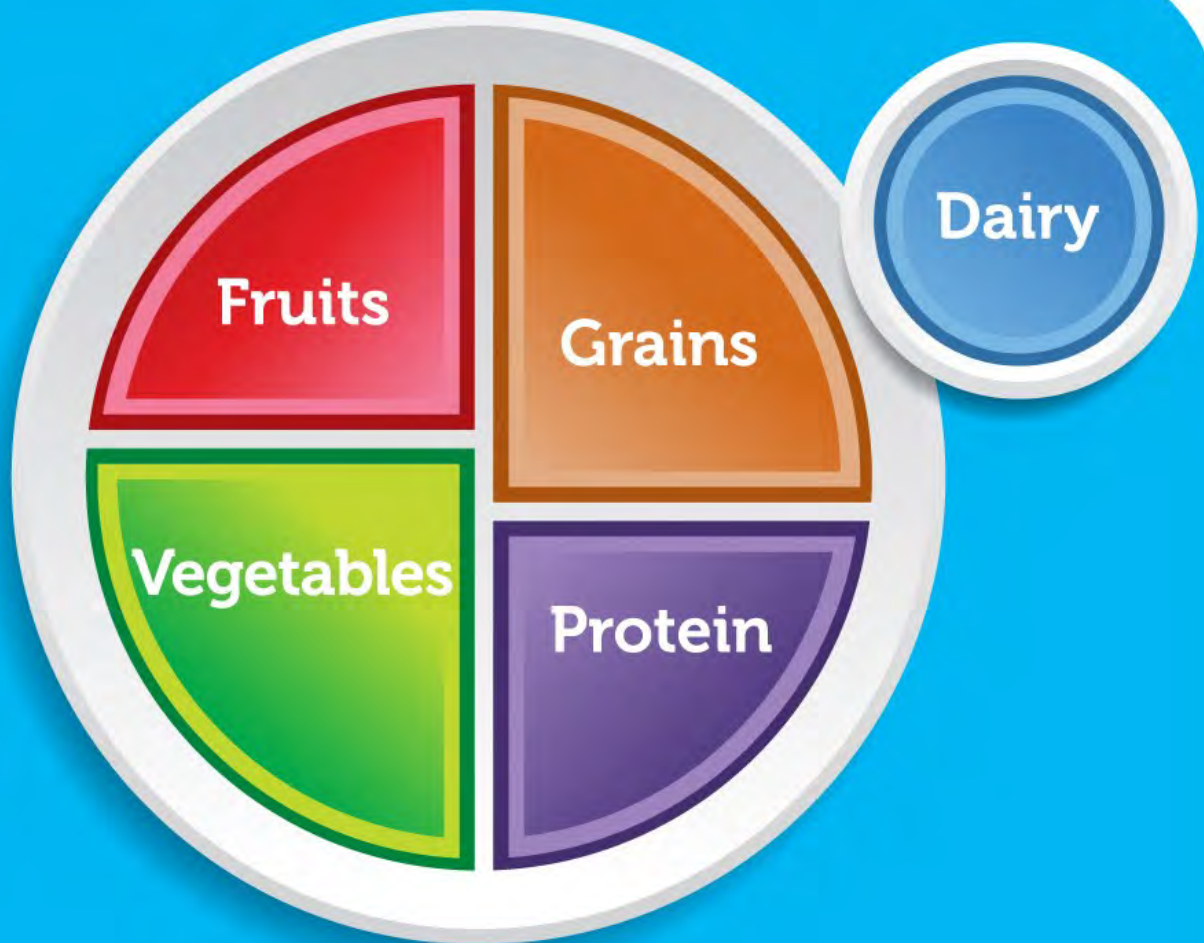
# Make MyPlate Your Plate

**MyPlate reminds you to include foods from all 5 food groups at dinner.**

**Add color to your plate!  
Make half of your plate vegetables and fruit.**

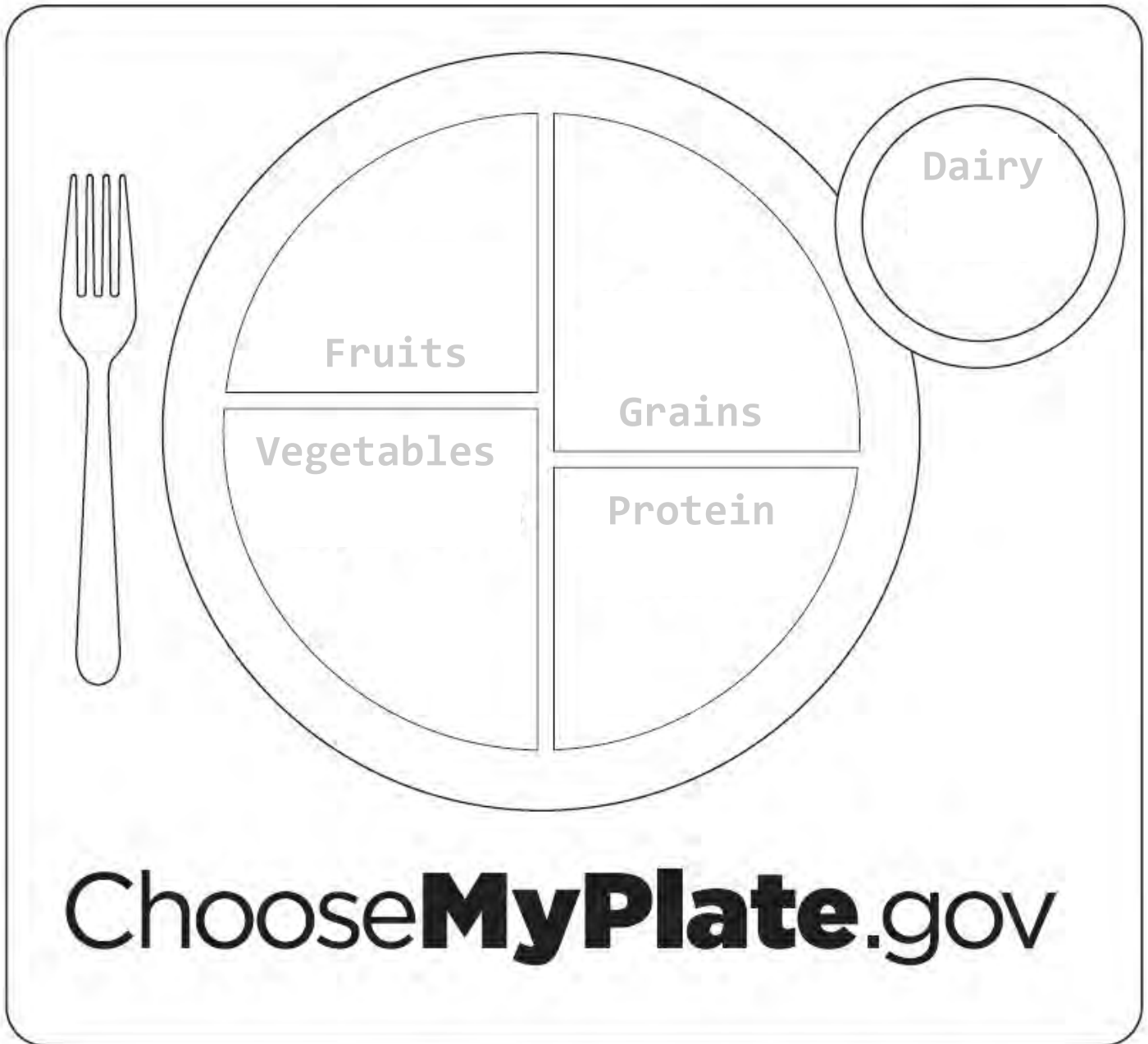
**Fat-free or low fat milk with dinner will help make your bones and teeth strong.**

**Remember to be physically active 60 minutes every day!**



Choose**MyPlate**.gov

**Fill your plate!**  
**Draw your favorite foods from each food group on the plate below.**



**Be active 60 minutes every day!**



**What is your favorite physical activity?** \_\_\_\_\_