

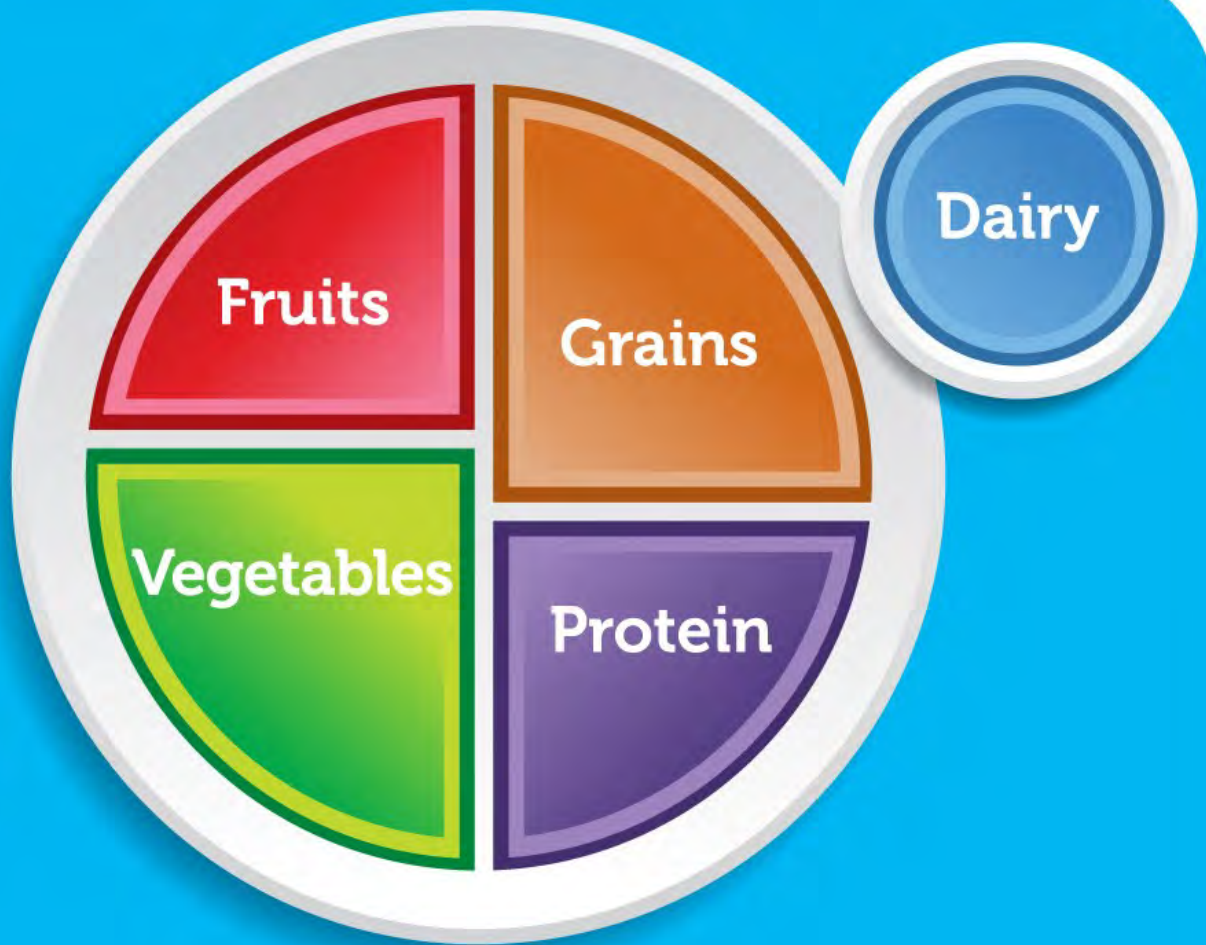
Make MyPlate Your Plate

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.

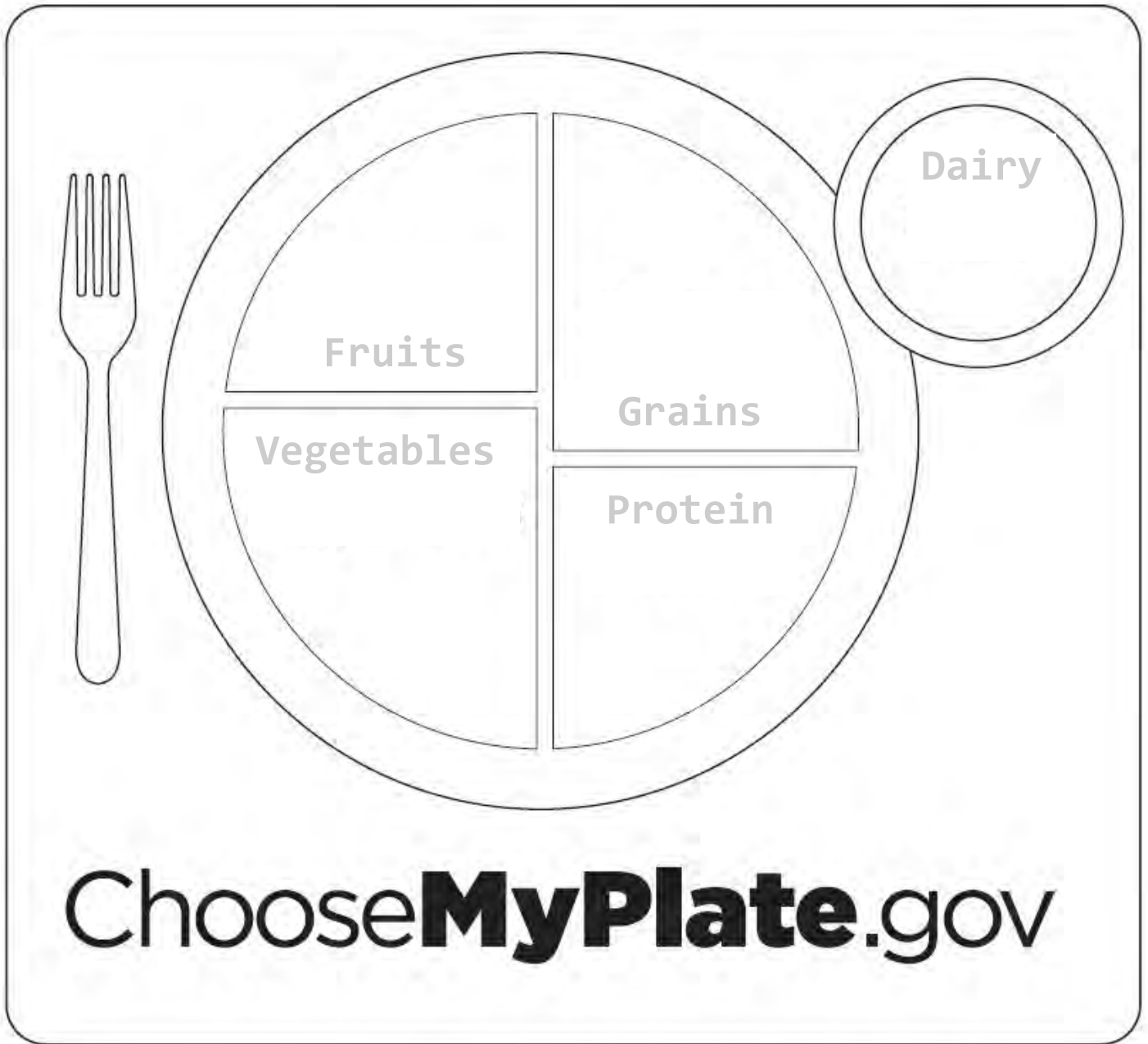
Fat-free or low fat milk with dinner will help make your bones and teeth strong.

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? _____