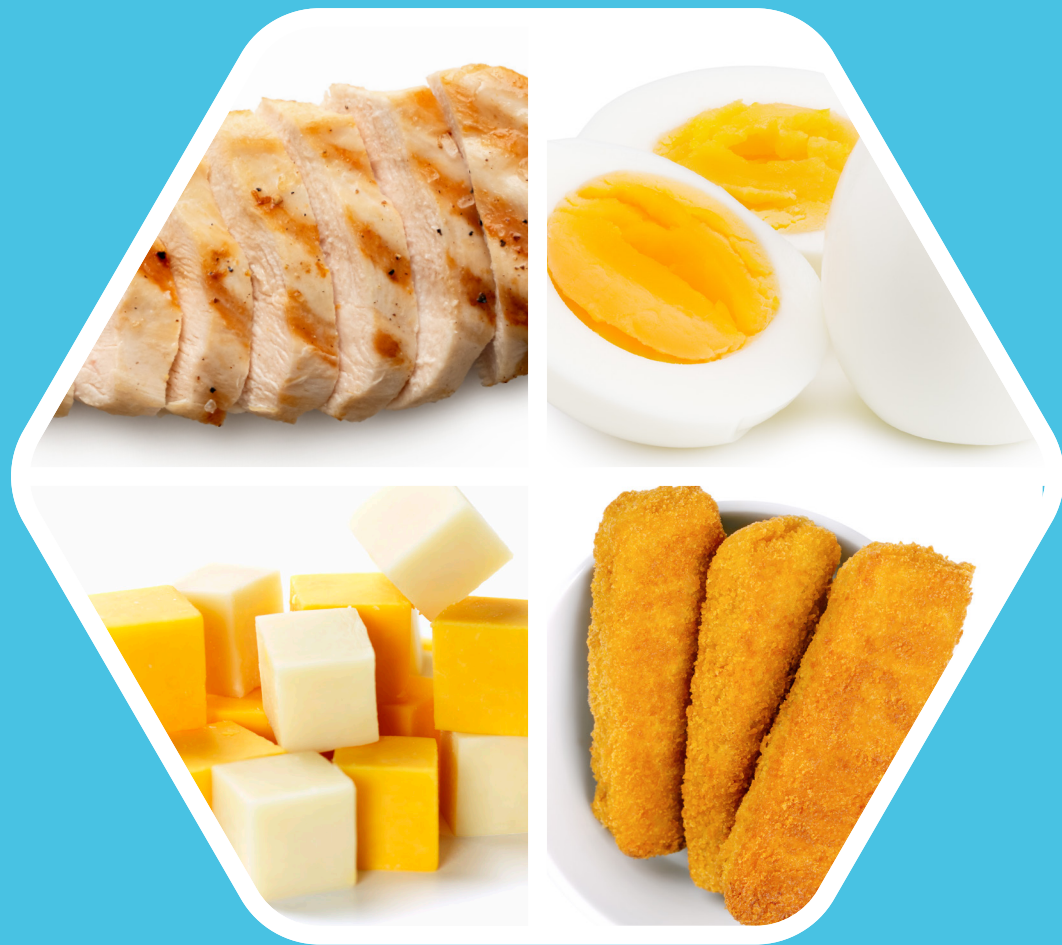


Choices for a tasty healthy meal!

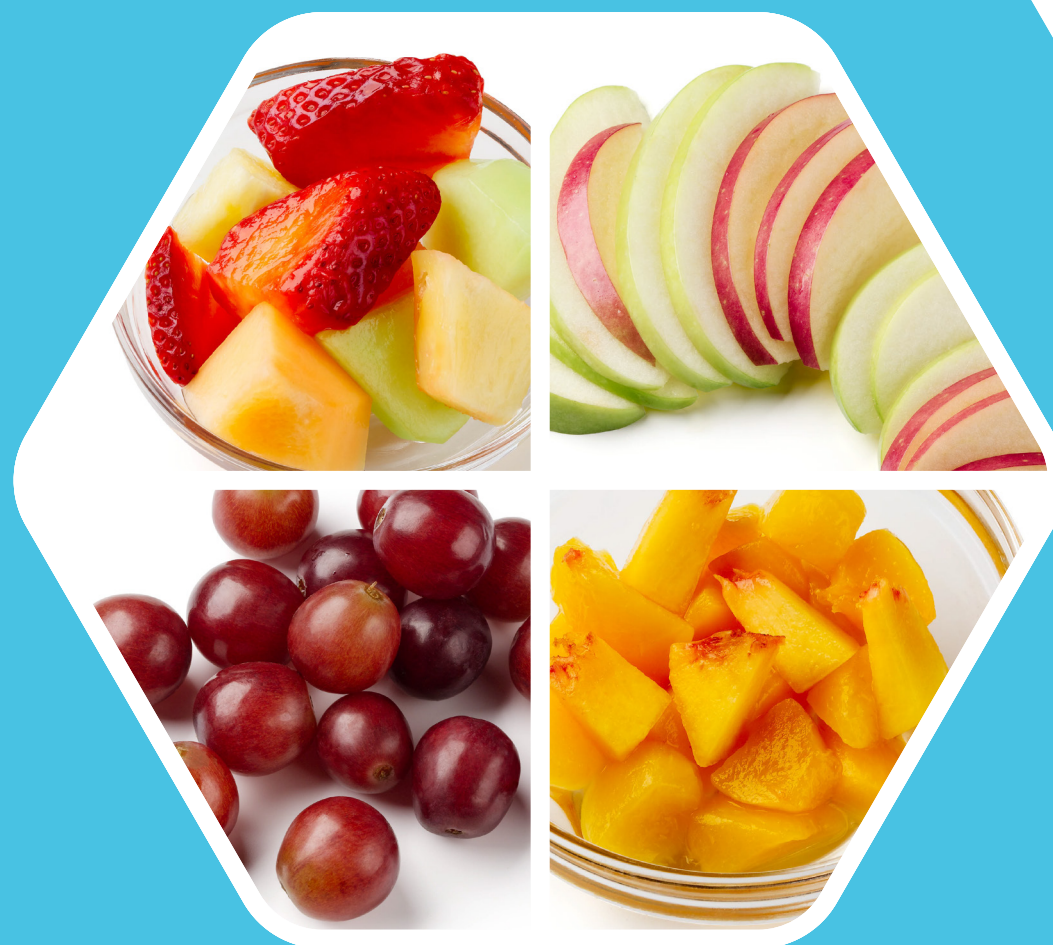
Choose 3 or More Food Groups



PROTEIN



GRAIN



FRUIT

Take at least $\frac{1}{2}$ cup fruit and/or vegetable.



MILK



VEGETABLE

