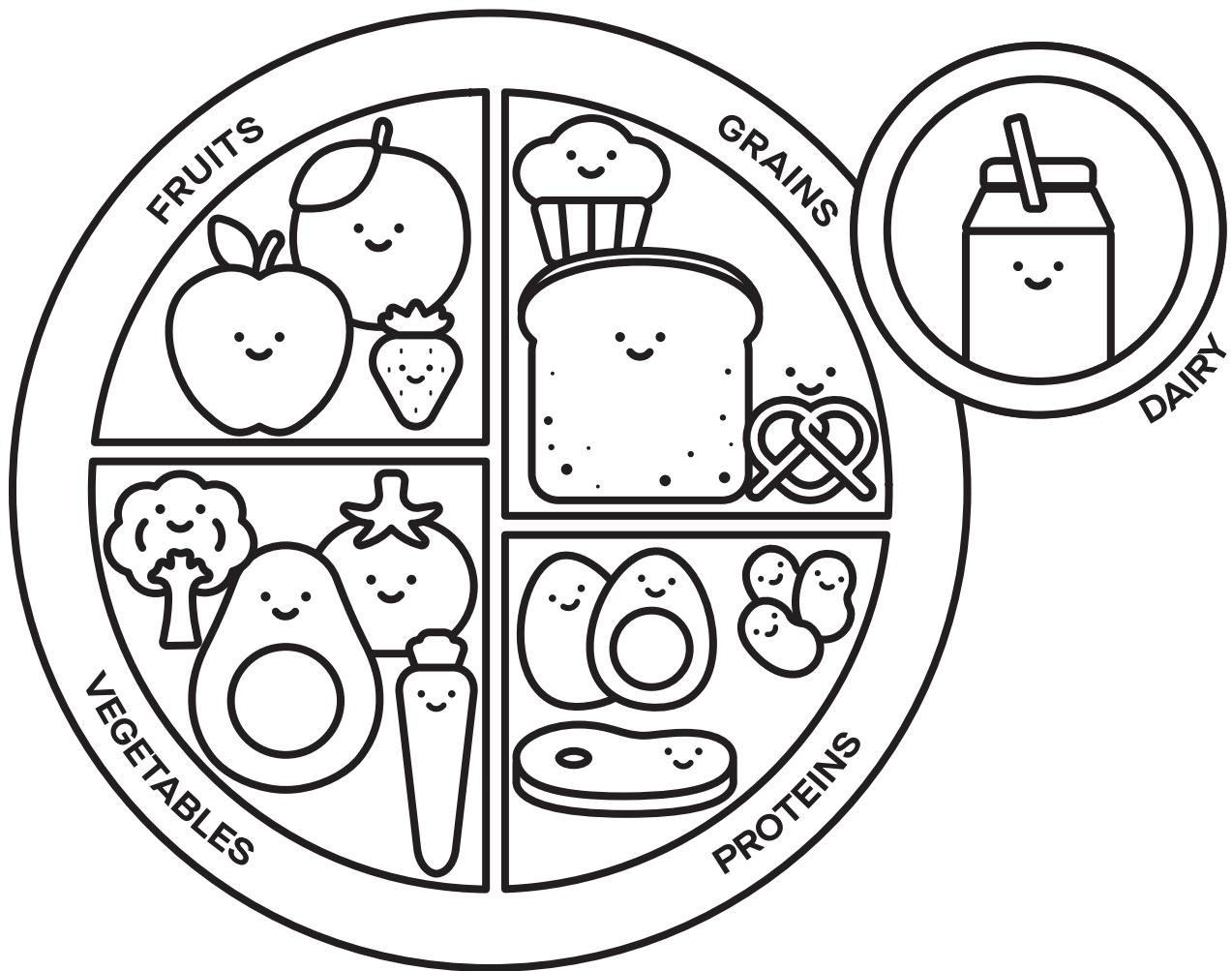


COLOR YOUR PLATE

MyPlate is a food guide published by the United States Department of Agriculture (USDA). It shows the five food groups we should eat each day for all 3 meals: fruits, vegetables, grains, proteins, and dairy.

What are your favorite foods from each group?



For more information: www.greauxhealthy.org

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