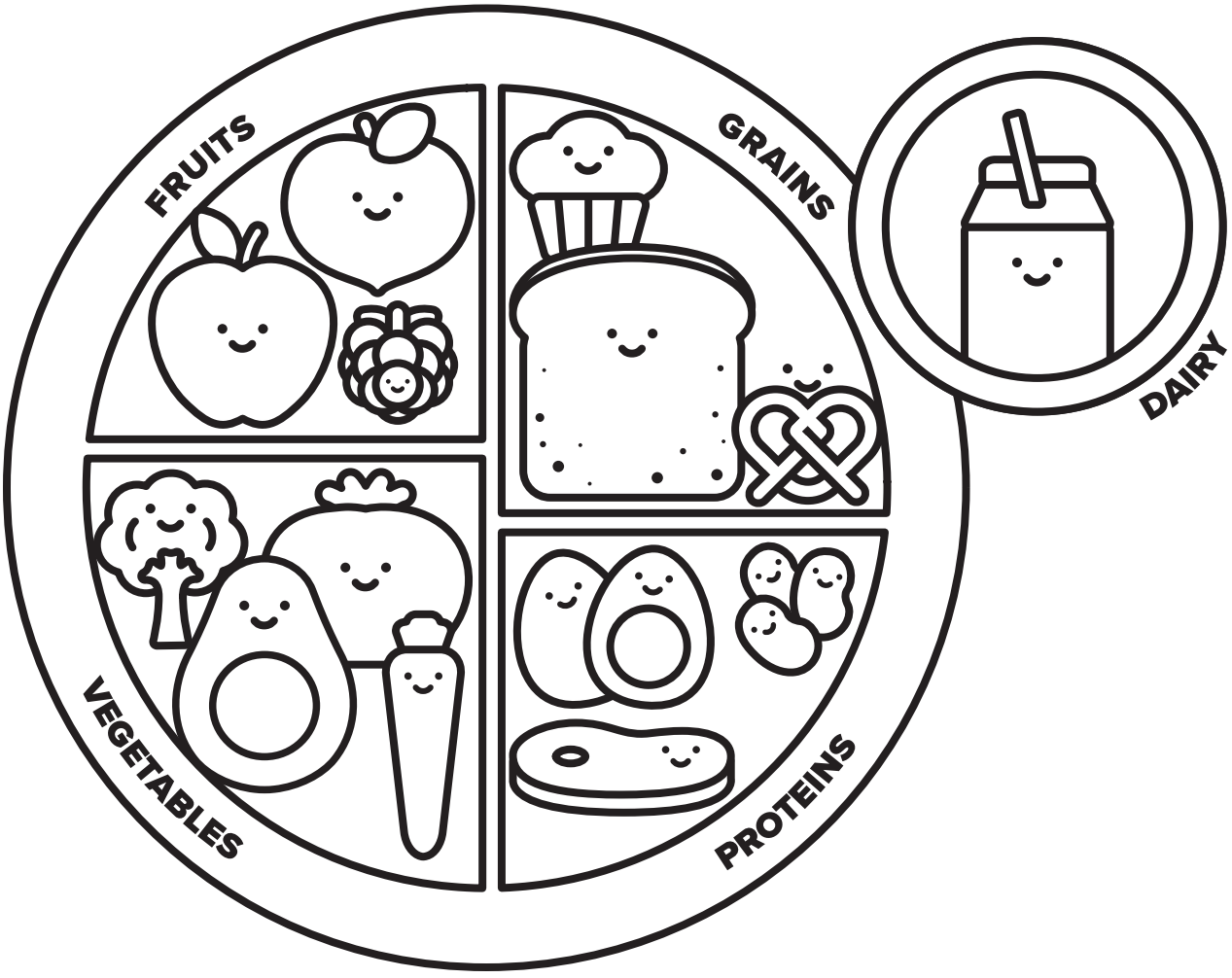
COLOR YOUR PLATE

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** **/greauxhealthyPB**
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