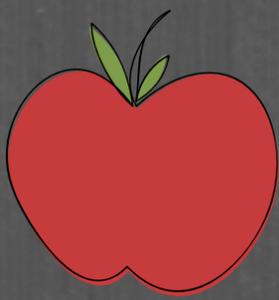
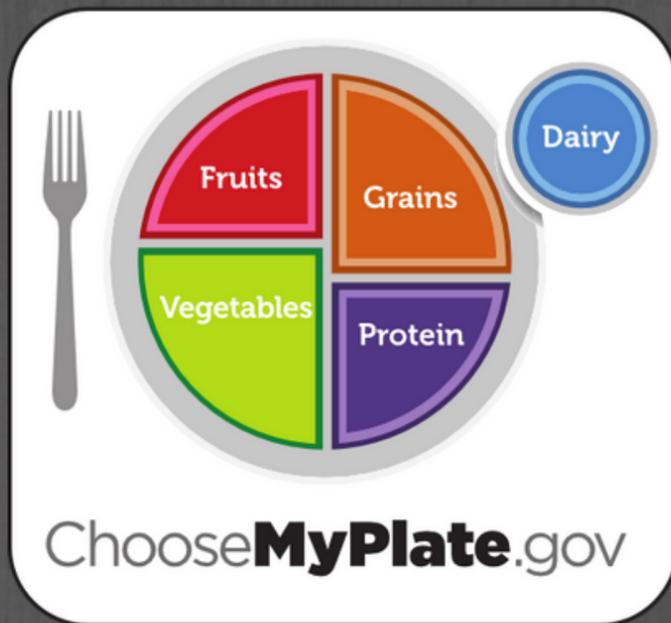


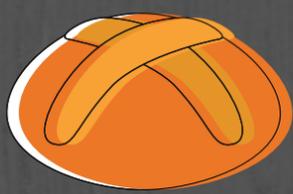
Child Nutrition

MYPLATE



Fruits

Eat whole fruits or have 100% fruit juice. Cover half your plate with fruits & vegetables.



Grains

Make half the grains on your plate whole-grains



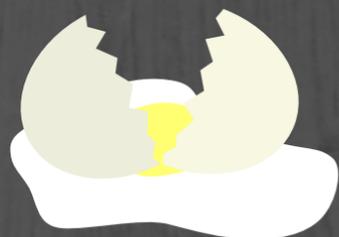
Dairy

Be sure to have dairy in your diet so that your body gets these calcium rich foods



Vegetables

Eat whole vegetables or have 100% vegetable juice. Cover half your plate with fruits & vegetables.



Protein

There are meat and non-meat sources of protein. When selecting meat sources, choose lean cuts