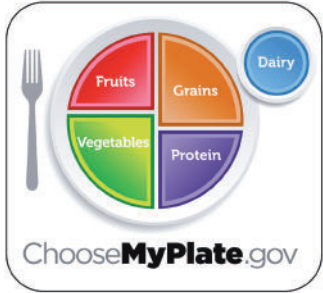
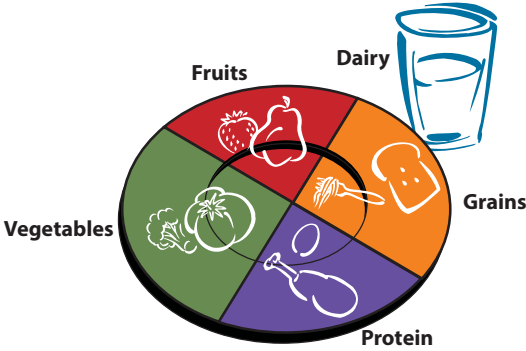


Build a Healthy Meal – Use MyPlate™



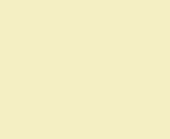
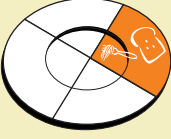
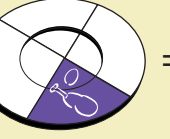

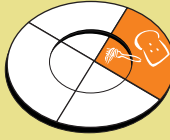
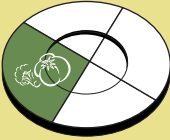
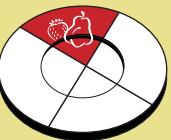

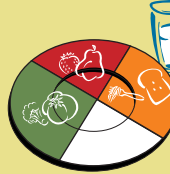
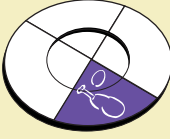
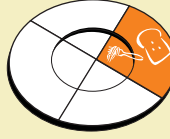

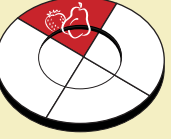

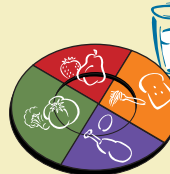
MyPlate™ shows me which foods I can use to build a healthy meal.



 <p>Half of my plate should be Fruits and Vegetables.</p>	 <p>The other half of my plate should be Grains and Protein.</p>	 <p>I need 3 Dairy servings a day. I can drink lowfat milk, soymilk, or Lactaid® with my meals. Or, I can eat lowfat cheese or yogurt.</p>
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MyPlate™ Healthy Meals

Foods from three, four or five food groups make a Healthy Meal. Here are samples of three Healthy Meals.

 <p>Vegetables</p>	<p>+</p>  <p>Grains</p>	<p>+</p>  <p>Protein</p>	<p>=</p>  <p>Healthy Meal 1</p>
 <p>Grains</p>	<p>+</p>  <p>Vegetables</p>	<p>+</p>  <p>Fruits</p>	<p>+</p>  <p>Dairy</p> <p>=</p>  <p>Healthy Meal 2</p>
 <p>Protein</p>	<p>+</p>  <p>Grains</p>	<p>+</p>  <p>Vegetables</p>	<p>+</p>  <p>Fruits</p> <p>+</p>  <p>Dairy</p> <p>=</p>  <p>Healthy Meal 3</p>