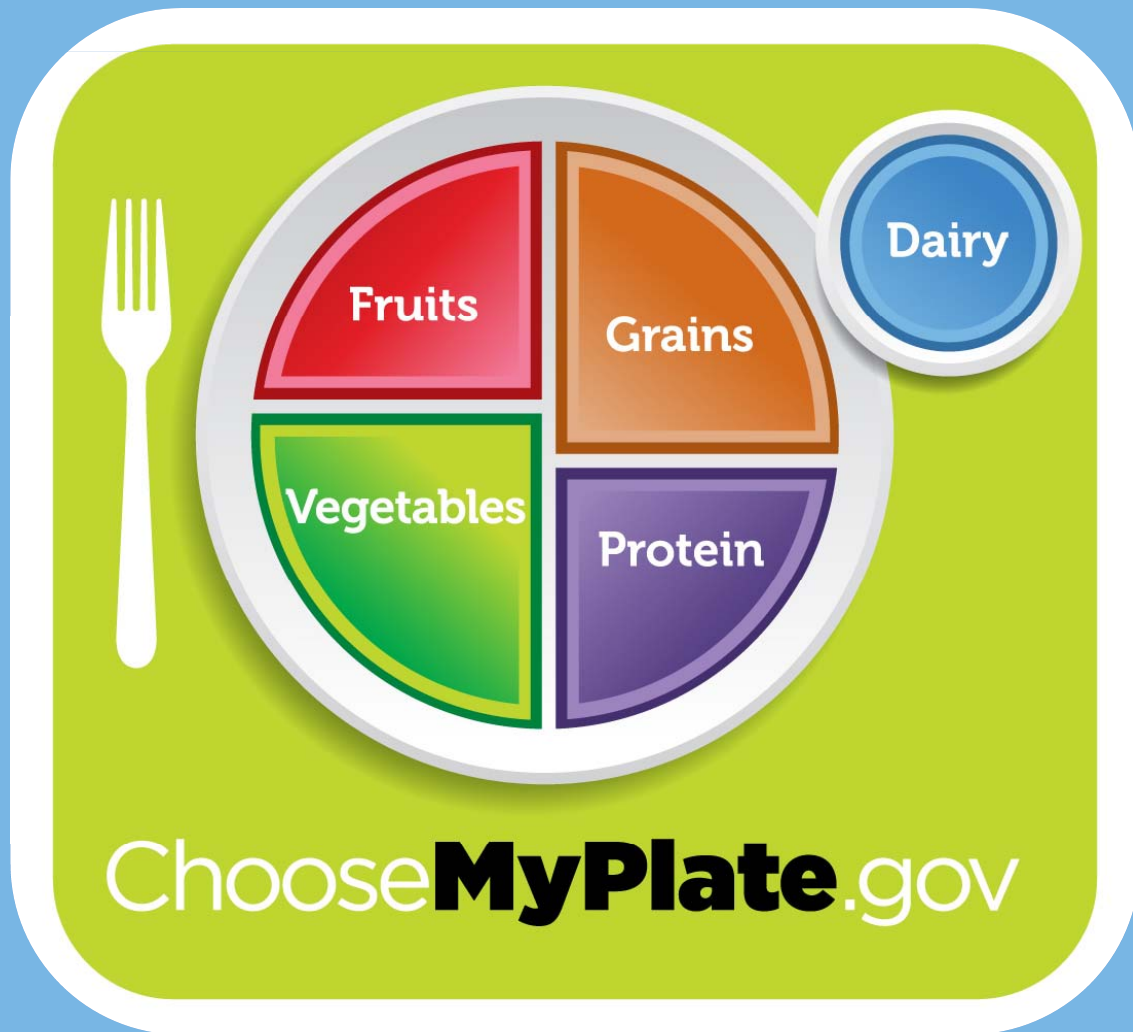


# What's on your plate?



**Make half** your plate **fruits and vegetables**

**Make at least half** your grains whole

**Switch to skim or 1% milk**

**Vary your protein food choices**