

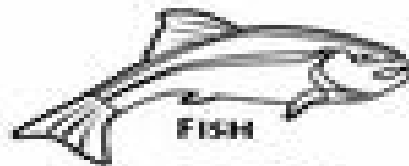
## HEALTHY CHOICES FOR MYPLATE

Check out these healthy choices for eating and growing strong!

- Use yellow to color 6 foods from the grain group.
- Use green to color 2 vegetables.
- Use red to color 3 fruits.
- Use blue to color 2 dairy foods.
- Use brown to color 2 foods from the meat group.



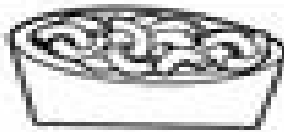
MILK  
LOW-FAT



FISH



CEREAL



PASTA



WHOLE-GRAIN  
BREAD



CORN



BAGEL



CARROTS



LOW-FAT MUFFIN



CHICKEN



LOW-FAT  
CHEESE



GRAPES



CRACKERS



APPLES



YOGURT



CHERRIES

This is part of the Dairy 101 Kit. Visit [Floridamilk.com](http://Floridamilk.com) for more information.