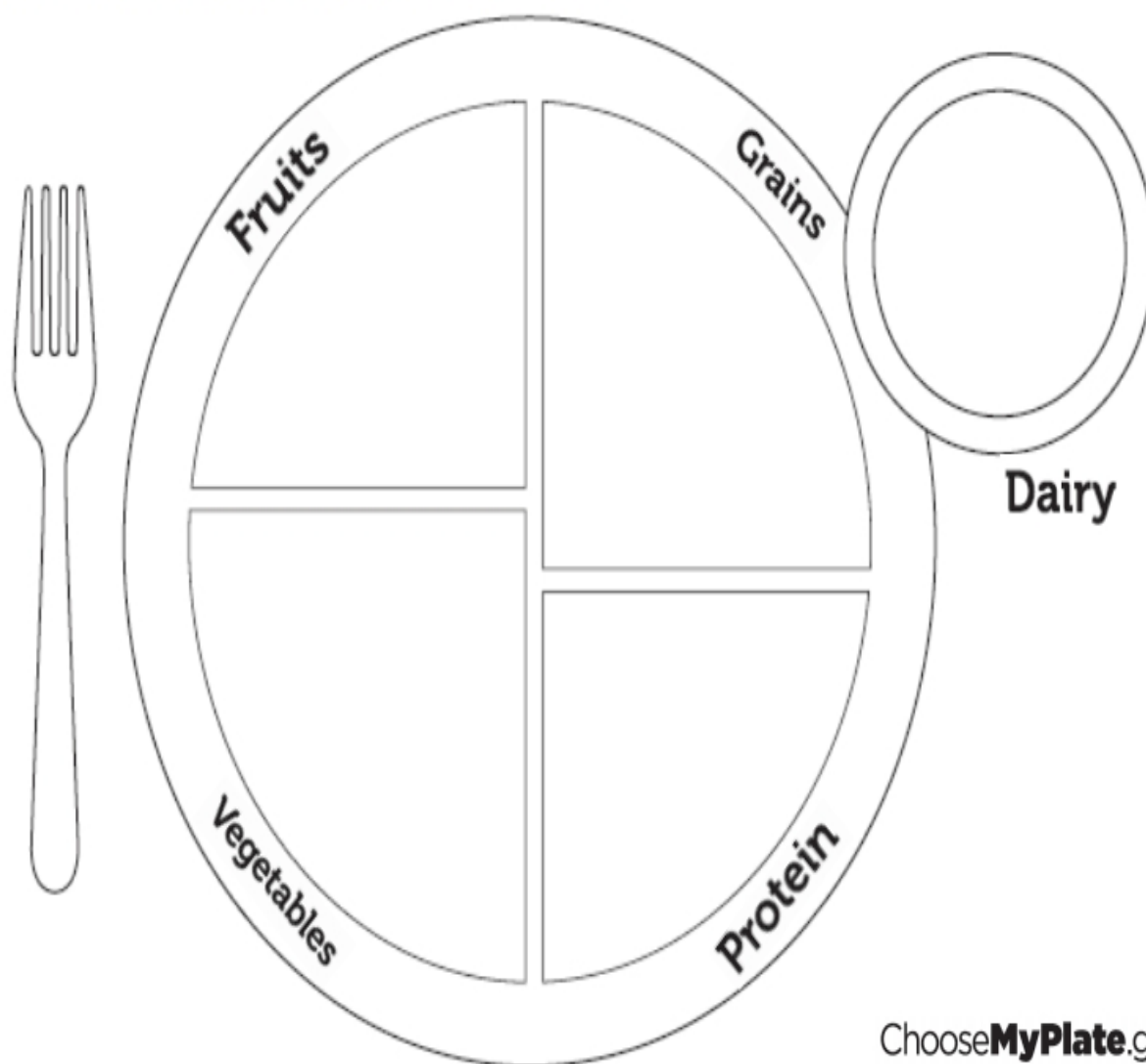Name _____

Today, I learned how much of each type of food I should be eating!

Fruits

Grains

Vegetables

Protein

Dairy

ChooseMyPlate.gov