

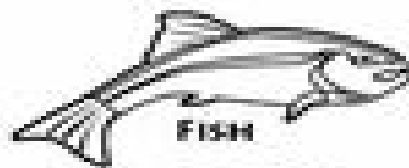
HEALTHY CHOICES FOR MYPLATE

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.



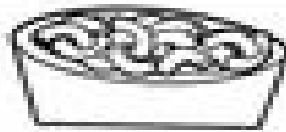
MILK
LOW-FAT



FISH



CEREAL



PASTA



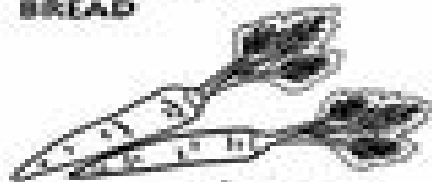
WHOLE-GRAIN
BREAD



CORN



BAGEL



CARROTS



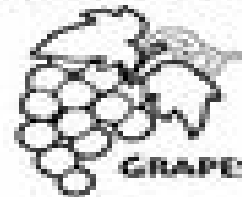
LOW-FAT MUFFIN



CHICKEN



LOW-FAT
CHEESE



GRAPES



CRACKERS



APPLES



YOGURT



CHERRIES

This is part of the Dairy 101 Kit. Visit Floridamilk.com for more information.