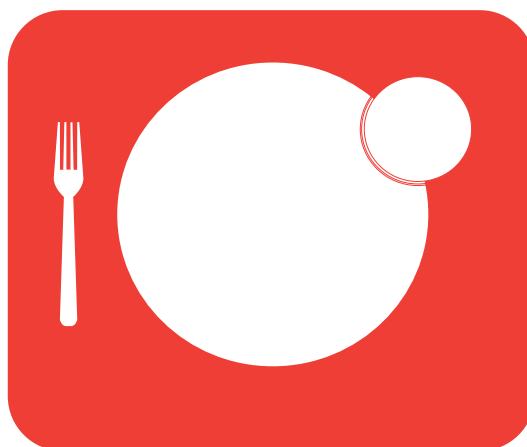
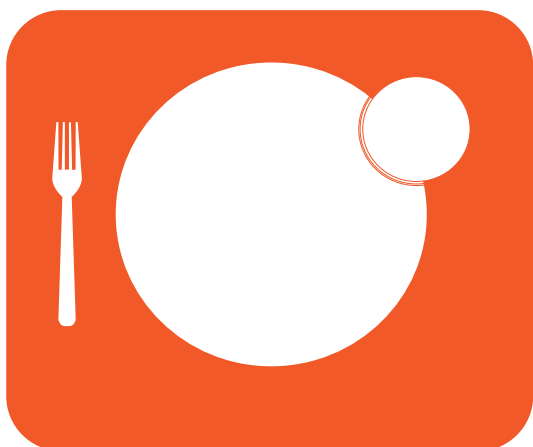
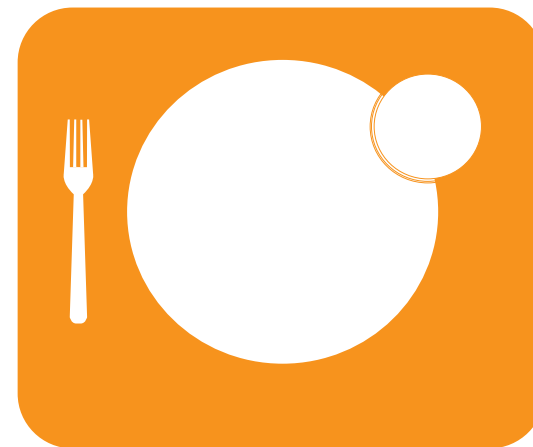
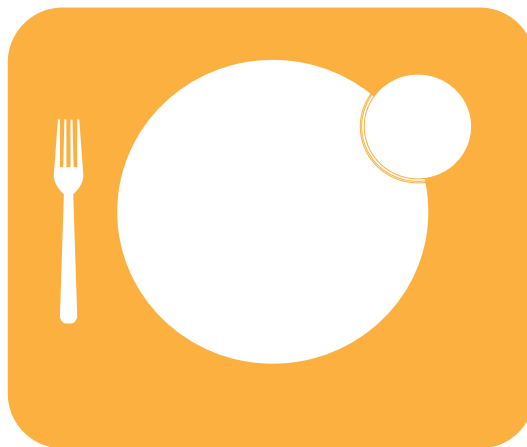
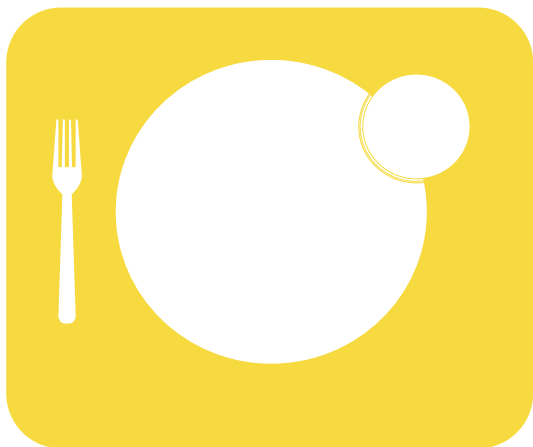




You get to choose from **5** categories:

Dairy (like milk and cheese)

Protein (like meats and beans)

Grains (like bread and pasta)

Fruits (like apples and oranges)

Veggies (like carrots and celery)

Draw your dinner on your plate
including each five categories.

Have fun!

the
FamilyDinner
Project.org

choose myplate.gov