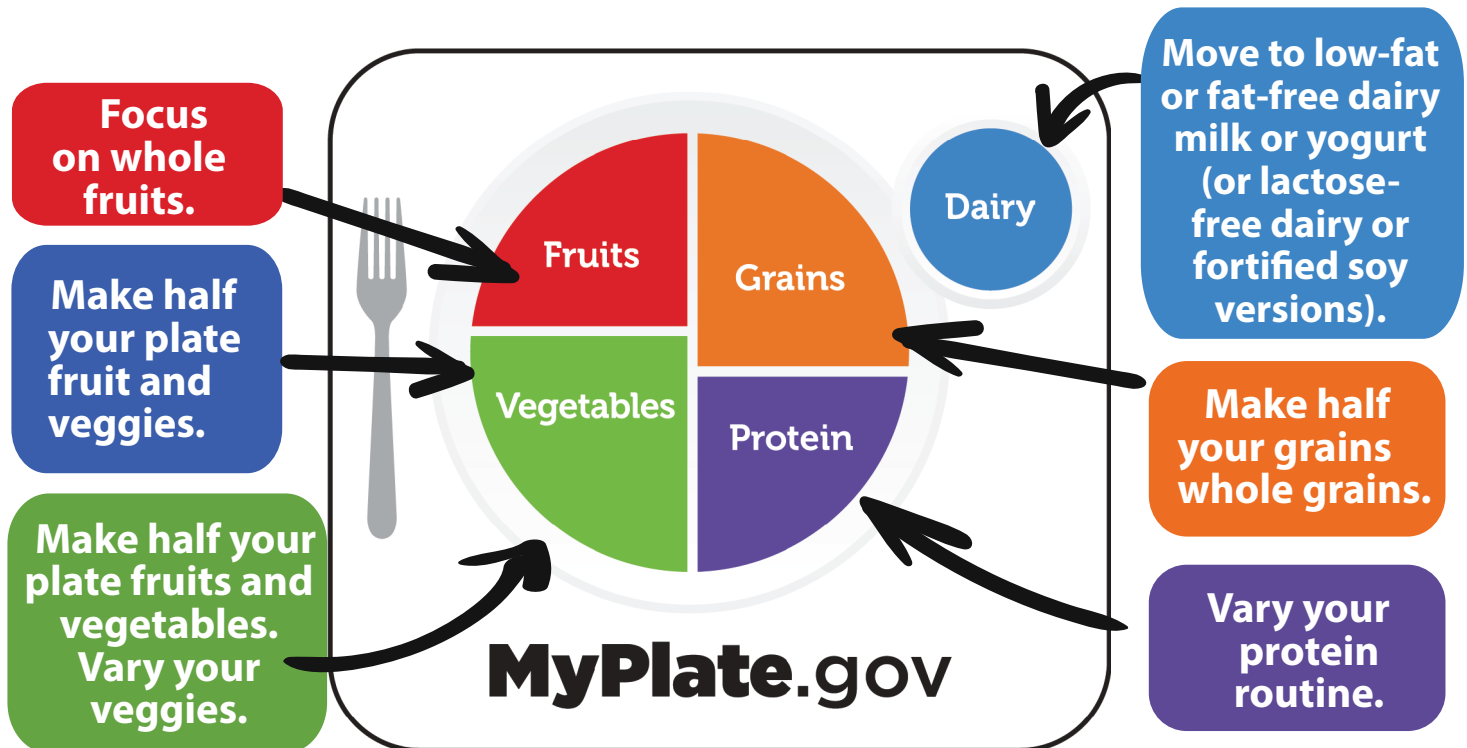


Eating should be a variety show!

MyPlate provides a visual picture of what a balanced meal should look like. The colorful plate also reminds us to eat a variety of colors.

Include all five food groups for a balanced and complete meal.



The term “eat the colors of the rainbow” reminds us to eat a colorful variety of fruits and vegetable. Each color provides different, yet important nutrients.



Did you know?

Some foods can be found in two categories on MyPlate. Corn is actually considered a grain, yet can count as a starchy vegetable or grain. Legumes such as peas and beans can count as a protein or vegetable.

See MyPlate.gov for more information on the food groups.

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