

MyPlate is a **HEALTHY** Plate

MyPlate encourages people to make healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.

Challenge: Create 3 meals — 1 breakfast, 1 lunchbox, and 1 dinner — using MyPlate as a guide for which food groups to include. Explore the store for ideas and inspiration.

Breakfast

Fruit: _____

Grain: _____

Dairy: _____

Protein: _____

Vegetable: _____

Lunchbox

Fruit: _____

Grain: _____

Dairy: _____

Protein: _____

Vegetable: _____

Dinner

Fruit: _____

Grain: _____

Dairy: _____

Protein: _____

Vegetable: _____

