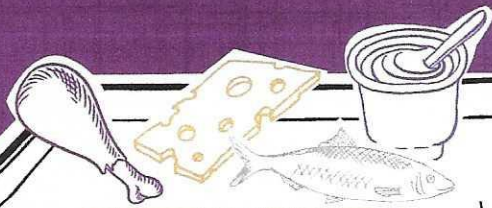


BUILD A BALANCED PLATE TO HELP YOU FEEL GREAT

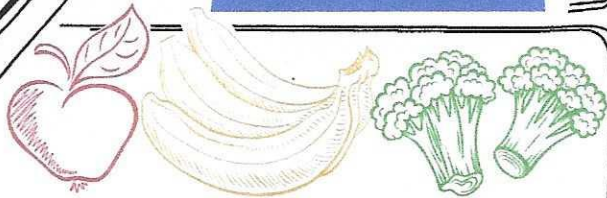
PICK AT LEAST 3
ONE MUST BE A FRUIT OR VEGGIE!



PROTEIN



MILK



FRUIT

OR

VEGGIE



WHOLESOME GRAIN