• Add more vegetables to your day!
• Focus on fruits!
• Make half your grains whole!
• With protein, variety is key!
• Got your dairy today?
• Be physically active, your way!
It’s time to Choose Your Plate!
Color “MyPlate” to match the picture on the other side.

• **Draw one fruit in the fruits section.** What fruit did you pick? __________

• **Draw one vegetable in the vegetables section.** What vegetable did you pick? __________

• **Draw one grain in the grains section.** What’s a healthy grain that you like to eat? __________

• **Draw one protein in the protein section.** What did you pick? __________

• **Draw one dairy product.** What’s your favorite dairy product? __________