

The rest of your plate should have foods from Grains, Protein Foods, and Dairy.

Fruits
Make most of your choices whole or cut-up fruit rather than juice.

Vegetables
Eat a variety each day.

Grains
Make at least half of your grains whole grains.

100% Whole Wheat Bread

Brown Rice

Pasta

Corn Tortillas

Oatmeal

Cereal

Protein Foods
Go lean with protein.

Meat

Poultry

Fish

Beans

Peanut Butter

Eggs

Nuts

Dairy
Milk, Yogurt, or Cheese

For adults and children 2 years and older, drink 1% lowfat or fat free milk.



der the following
ge chunks of meat
, hard candies,