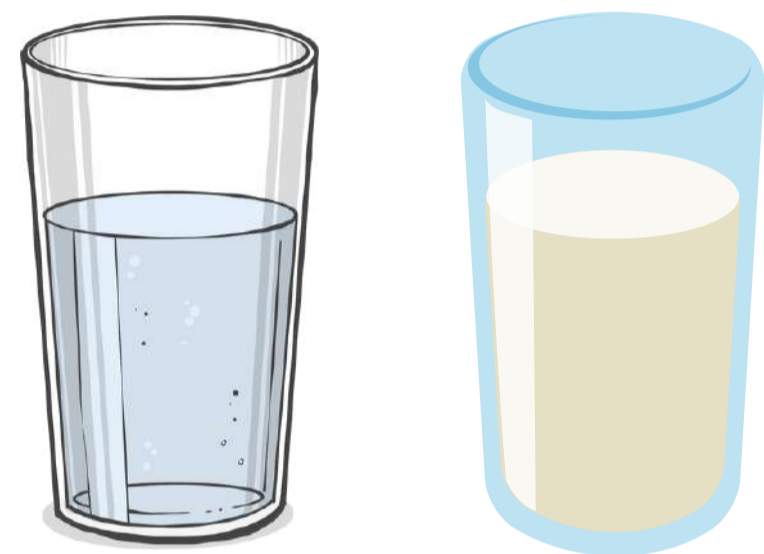
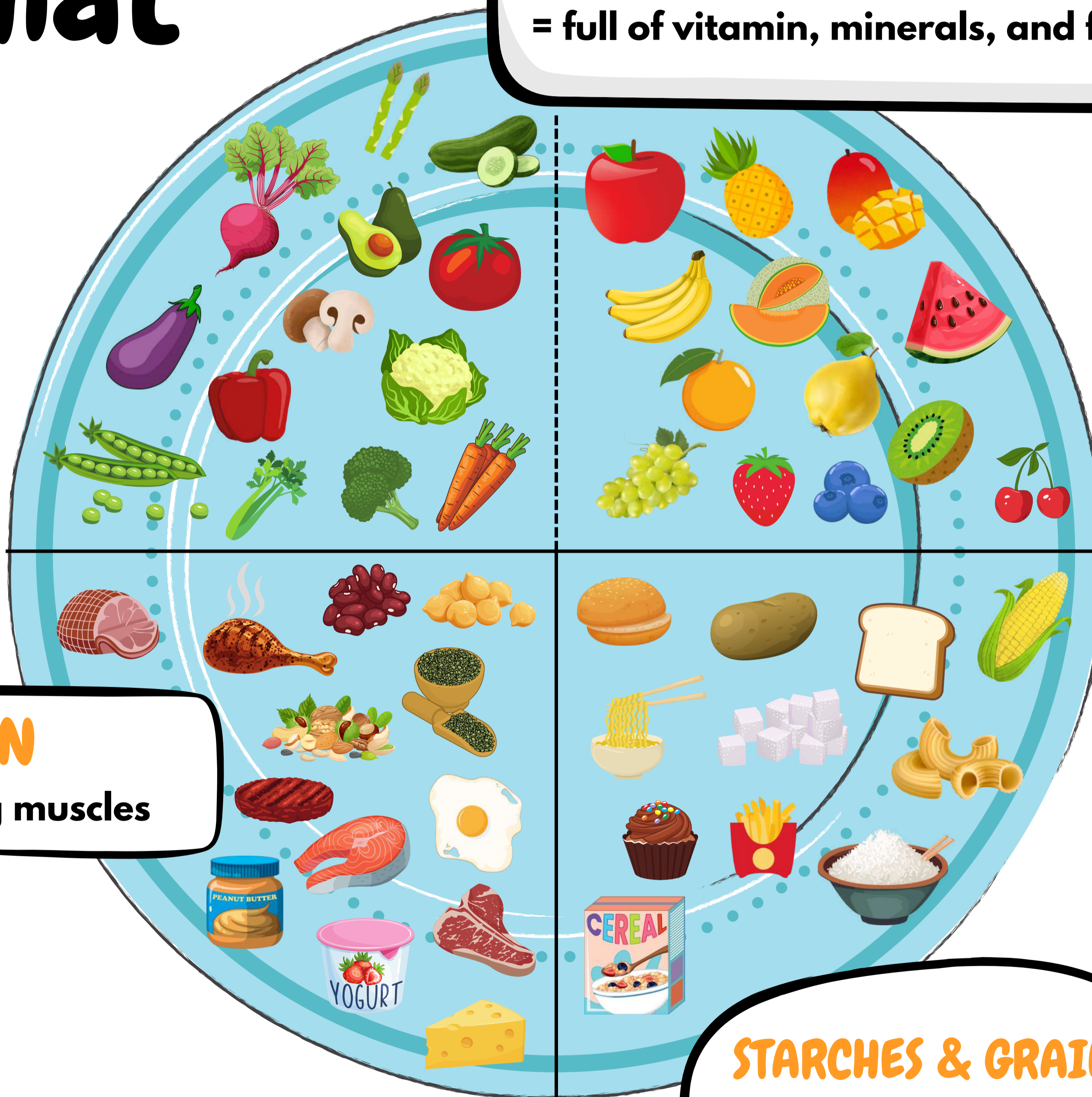


Healthy placemat



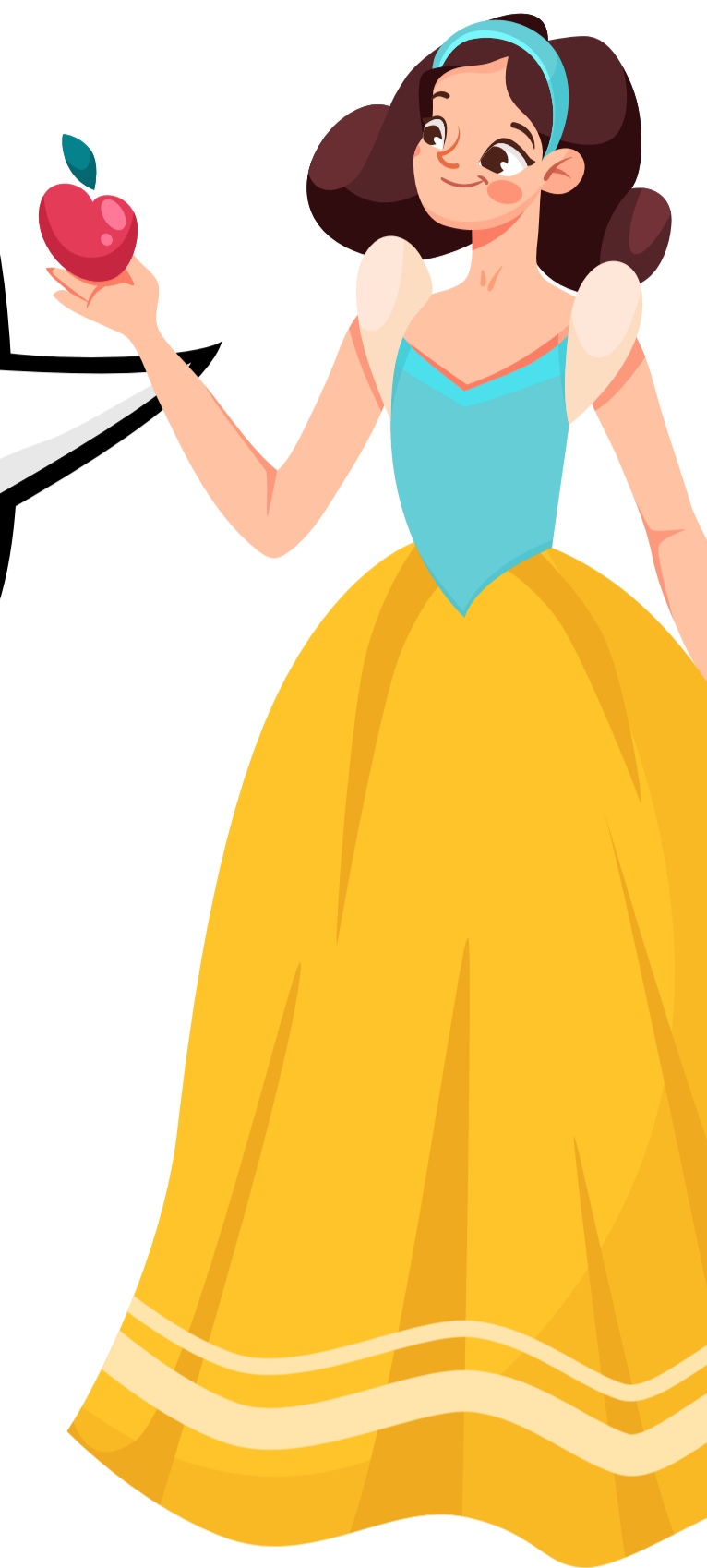
water or milk

VEGETABLES & FRUITS
= full of vitamin, minerals, and fiber



PROTEIN
= food for strong muscles

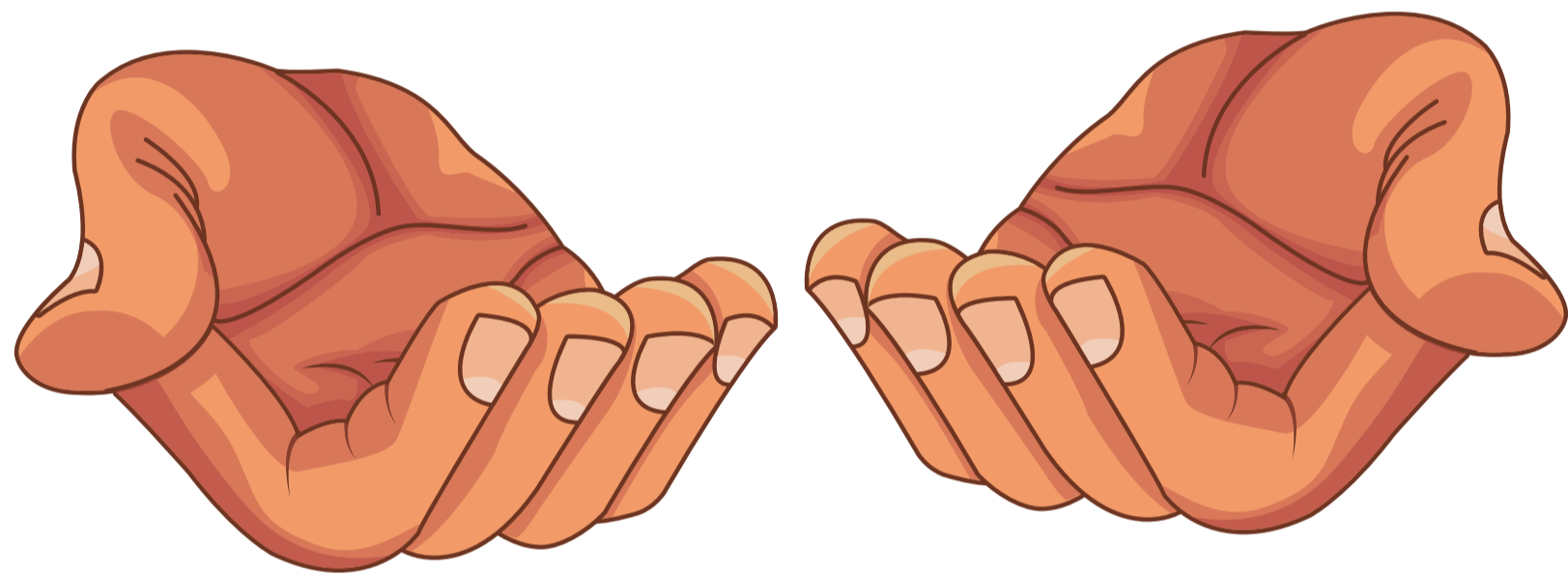
STARCHES & GRAINS
= gives you energy and fiber





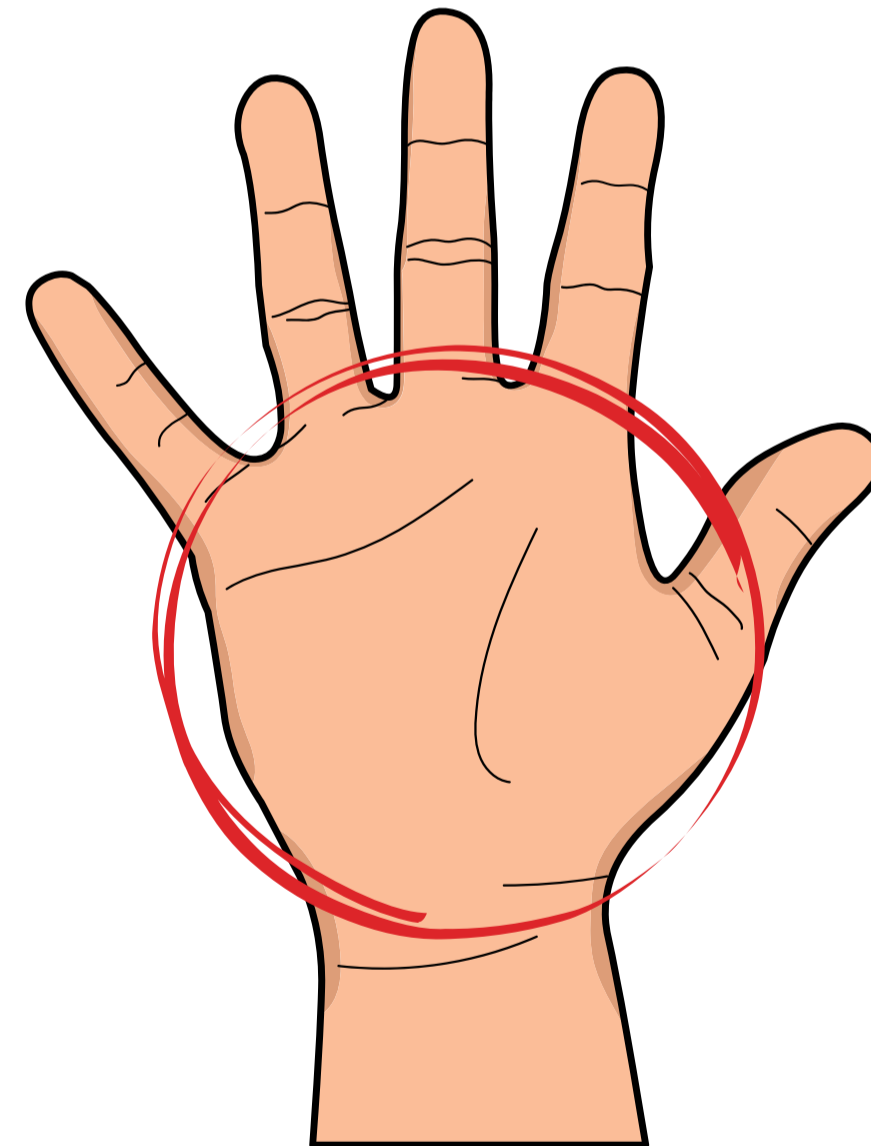
Portion sizes

EASY GUIDE



VEGETABLES

= both hands full



PROTEIN

= palm of 1 hand



STARCHES & FRUITS

= 1 fist