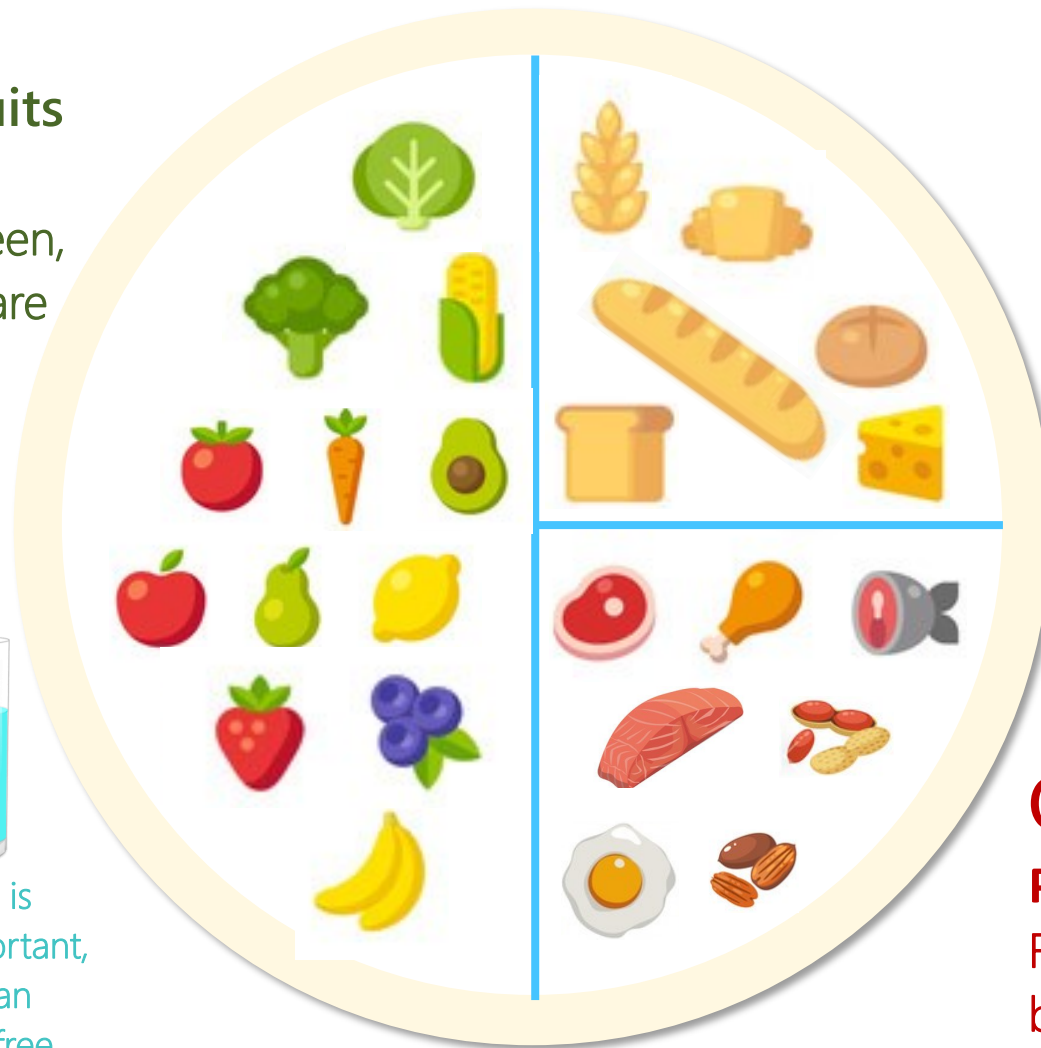


WHAT'S ON YOUR PLATE?

HALF

Vegetables & Fruits

Choose a variety of colors. Red, dark green, yellow, and orange are the best options.



Drink Water

Avoid sugary drinks. Water is best! While calcium is important, there are better sources than milk such as low-fat or fat-free yogurt and cheese.

ONE FOURTH

Whole Grains

Eat whole (brown) grains and try to avoid refined (white) grains.

ONE FOURTH

Protein

Fish, poultry, nuts and beans are ideal.