Introducing

MyPlate...

The foods have fallen off the **pyramid** and are now on your **plate!**

Dairy
Grains
Fruits
Vegetables
Protein

ChooseMyPlate.gov

Dairy
Grains
Fruits
Vegetables
Protein

ChooseMyPlate.gov

Dairy
Grains
Fruits
Vegetables
Protein

ChooseMyPlate.gov

Dairy
NUTS
Fruits
Vegetables
Protein

ChooseMyPlate.gov

milk

Yogurt
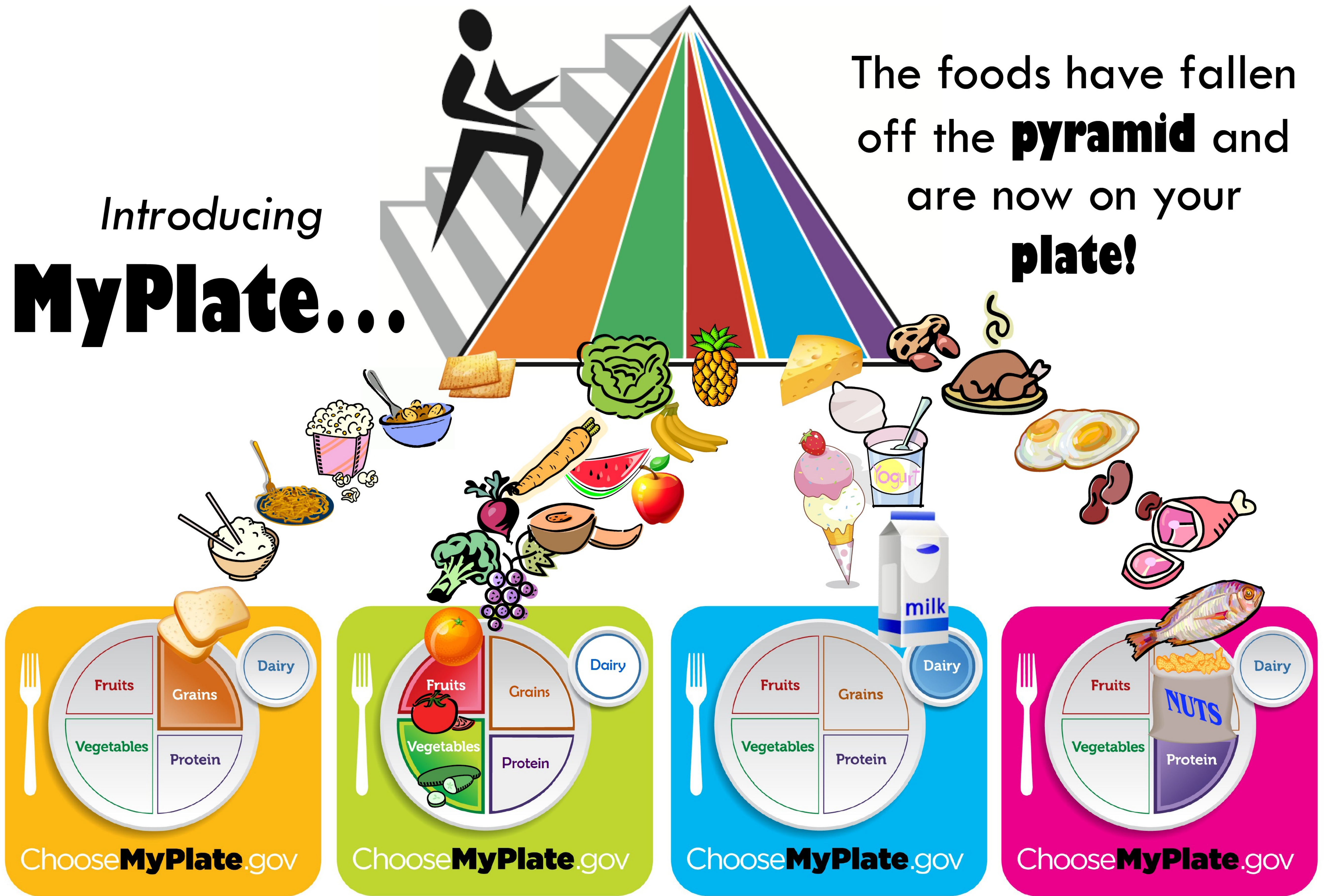
Choose **healthy** foods from all 5 food groups to fill your **plate!**