

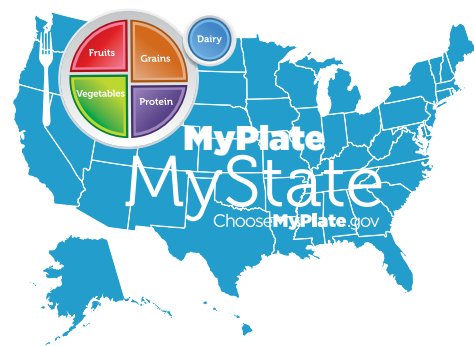


LIST YOUR MENU ITEMS USING THE TIPS BELOW:

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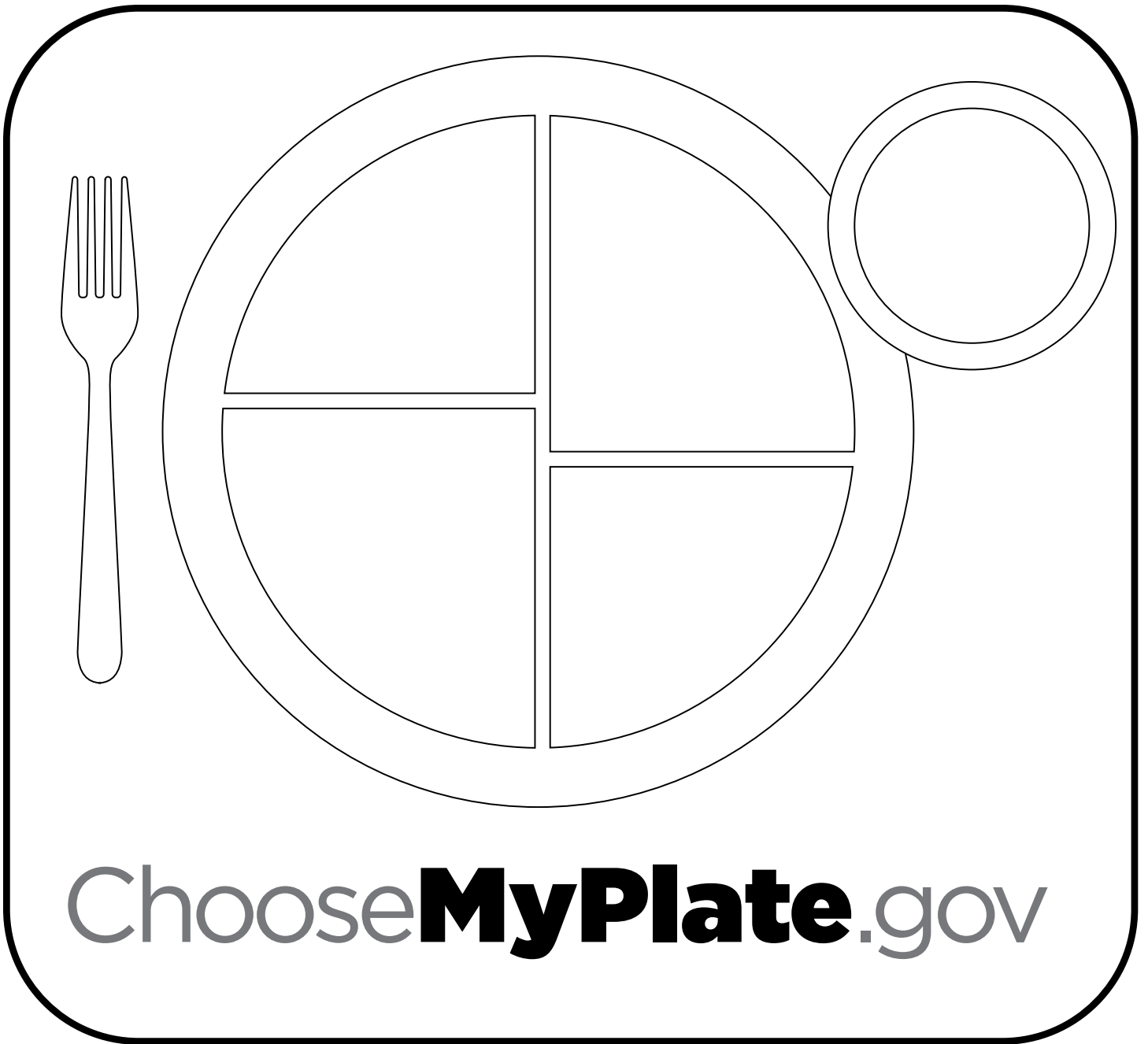
 TIPS FOR YOUR MENU:

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Vary your protein routine.
- Limit sodium, saturated fat, and added sugars.



FLIP OVER TO DRAW YOUR MENU! 

DRAW YOUR MENU!



#MyPlateMyState

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