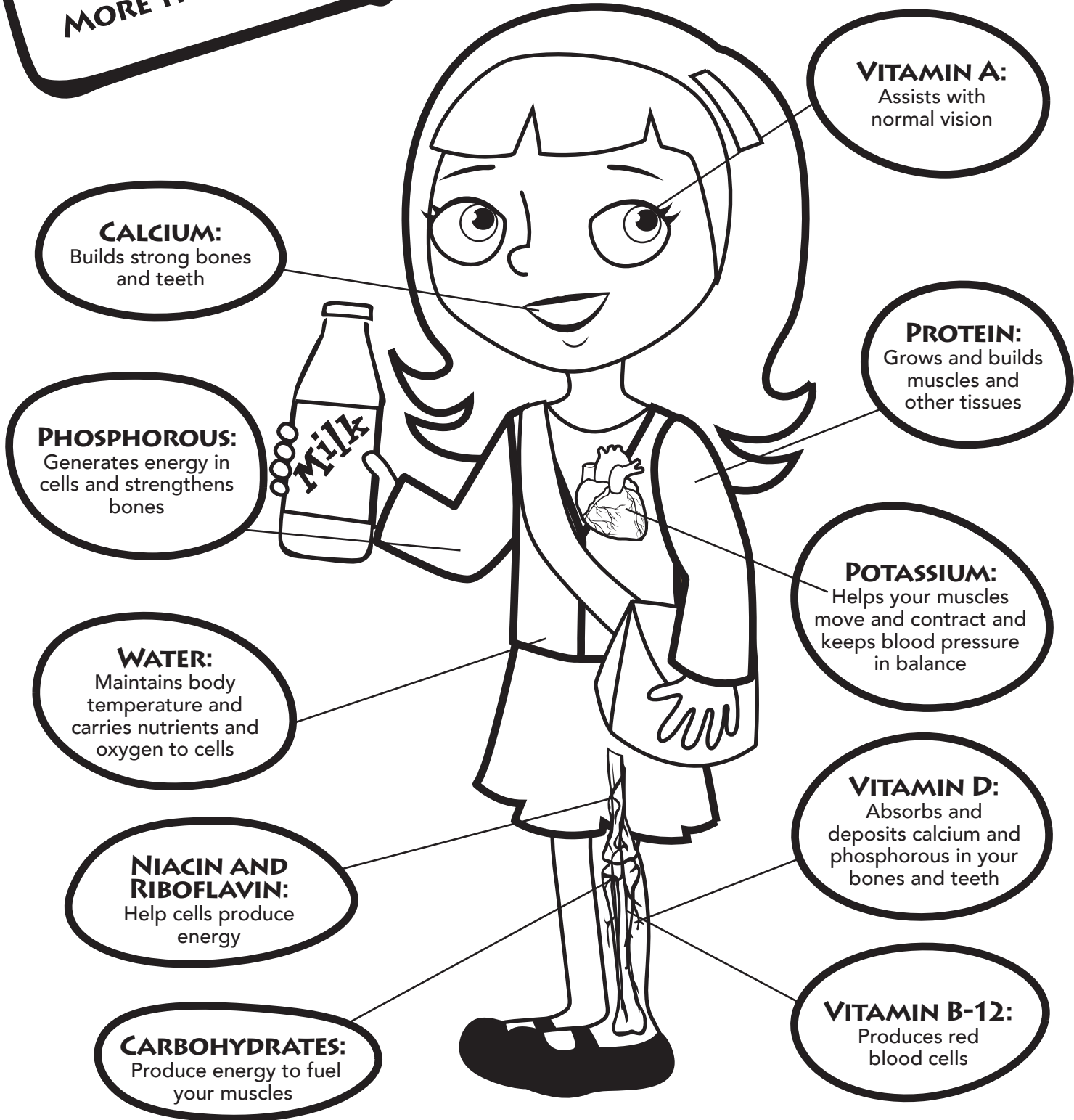




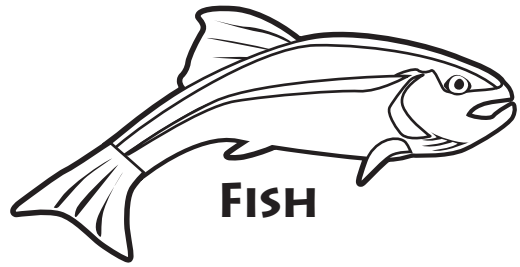
Milk supplies calcium and other nutrients to help you stay healthy. Drink 3 to 4 cups every day for a strong and hard-working body.



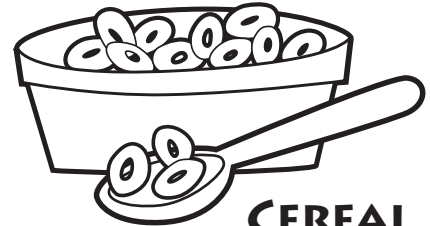
HEALTHY CHOICES FOR MYPLATE

Check out these healthy choices for eating and growing strong!

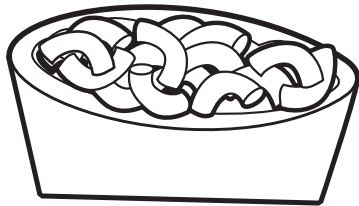
- Use yellow to color 6 foods from the grain group.
- Use green to color 2 vegetables.
- Use red to color 3 fruits.
- Use blue to color 3 dairy foods.
- Use brown to color 2 foods from the meat group.



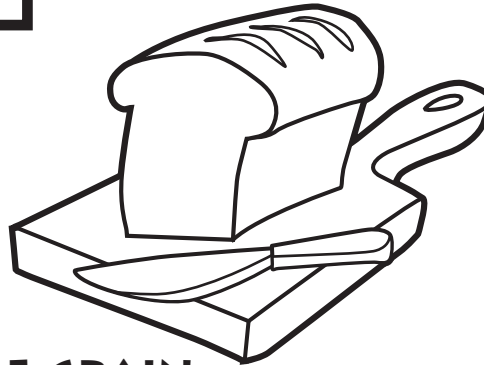
FISH



CEREAL



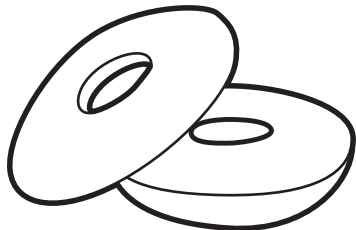
PASTA



WHOLE-GRAIN BREAD



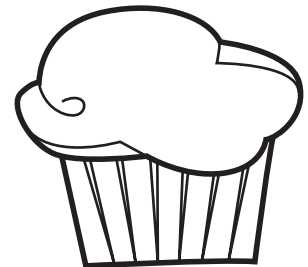
CORN



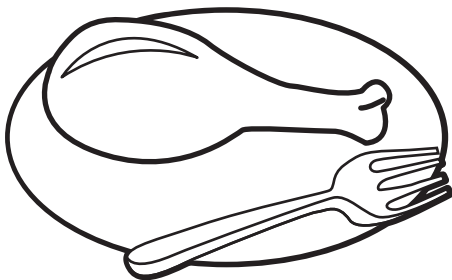
BAGEL



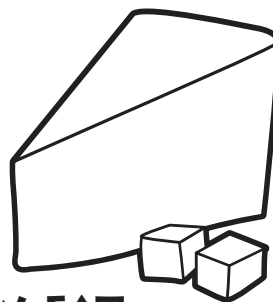
CARROTS



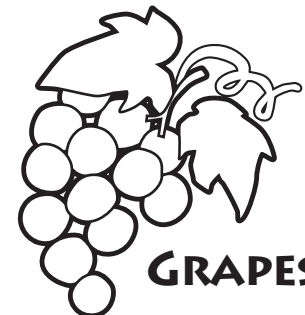
LOW-FAT MUFFIN



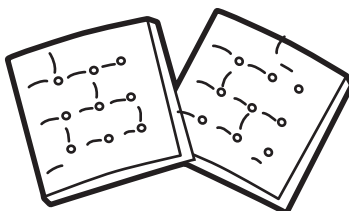
CHICKEN



LOW-FAT CHEESE



GRAPES



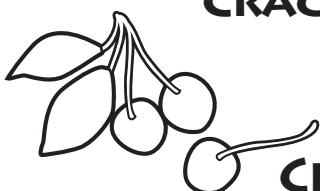
CRACKERS



APPLES



YOGURT



CHERRIES