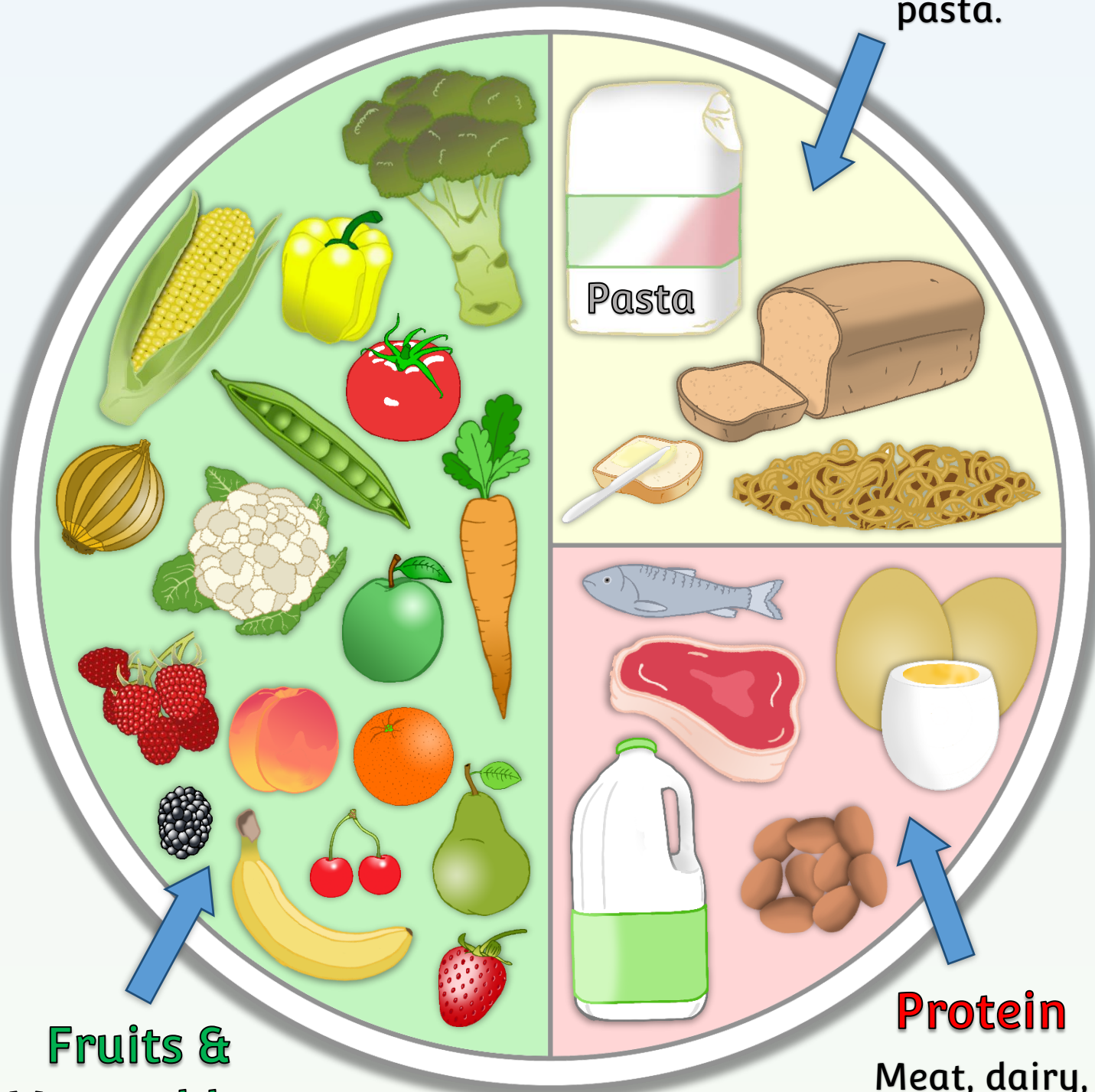


# Healthy Plate

## Grains

Whole grains, bread, noodles, pasta.

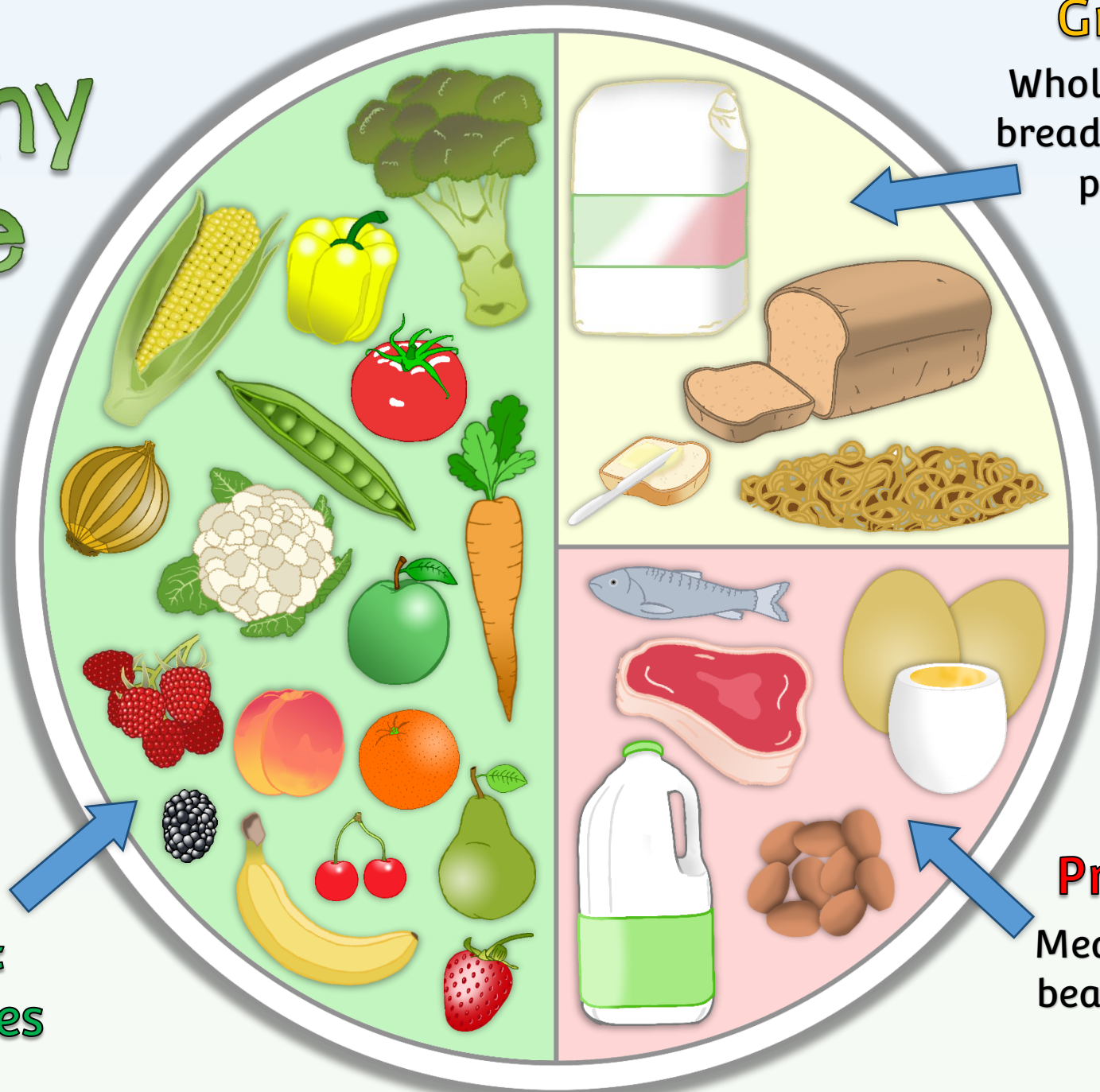


## Fruits & Vegetables

## Protein

Meat, dairy, beans, eggs, fish.

# Healthy Plate



## Grains

Whole grains,  
bread, noodles,  
pasta.

Fruits &  
Vegetables

**Protein**  
Meat, dairy,  
beans, eggs,  
fish.