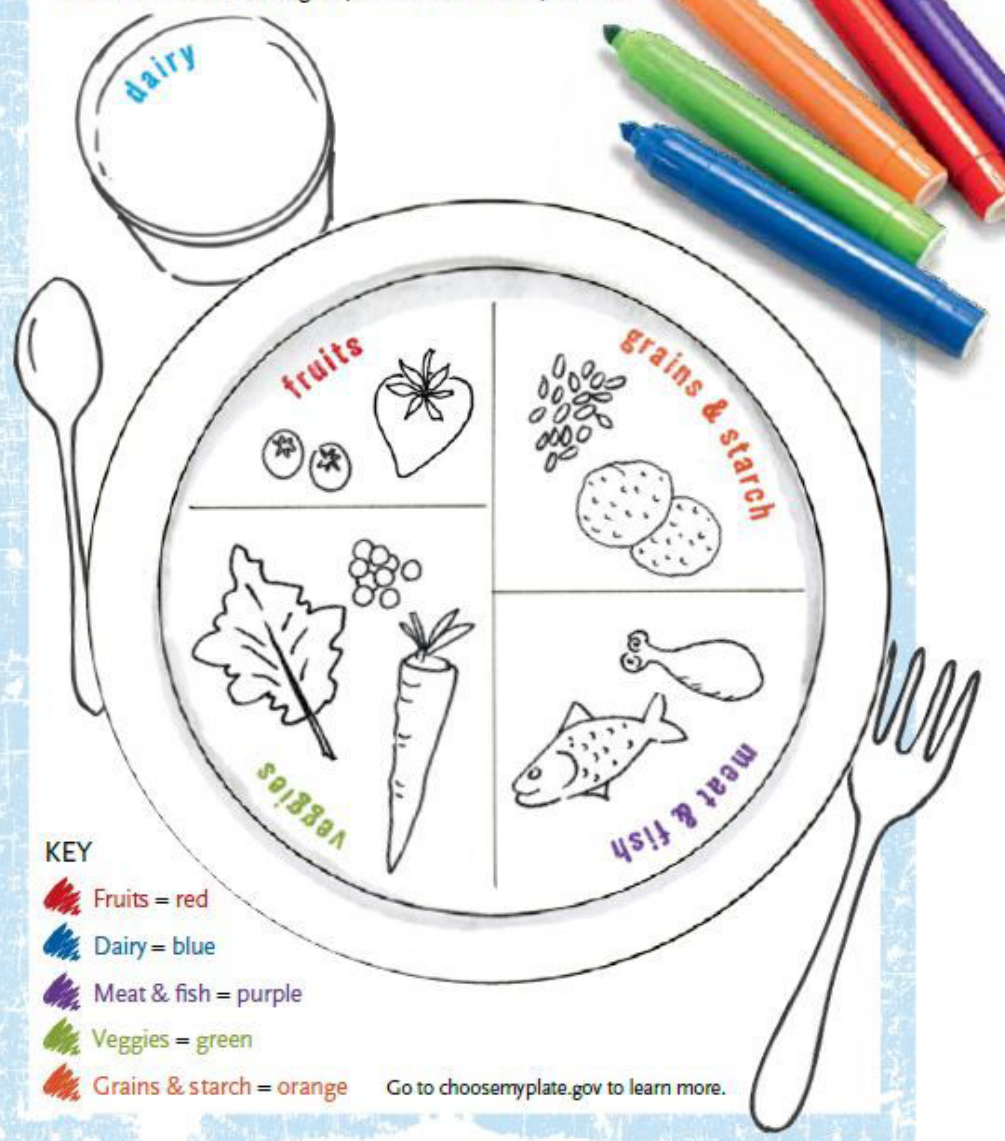


color your plate

Color each section by following the key, and you'll see how much of each food group to eat for a healthy dinner.



KEY

-  Fruits = red
-  Dairy = blue
-  Meat & fish = purple
-  Veggies = green
-  Grains & starch = orange

Go to choosemyplate.gov to learn more.