

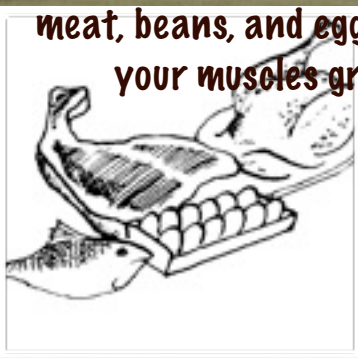
The Food Plate



Fruits & vegetables should make up HALF of our meal each day!



You still need to eat protein like meat, beans, and eggs to help your muscles grow!



NO Sweets!



THE NEW FOOD PLATE

Did you know that the food pyramid has been replaced?

As of June 2011 our government created a NEW food guide - it's called the Food Plate. You need to eat mostly vegetables and grains. The guide looks more like a plate of food instead of the pyramid.