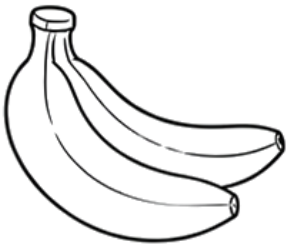


FOODS



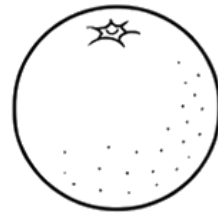
Banana



Grapes



Pear



Orange



Peach



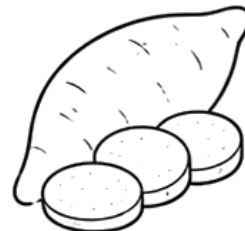
Broccoli



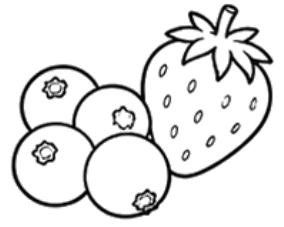
Carrots



Bell Pepper



Sweet Potato



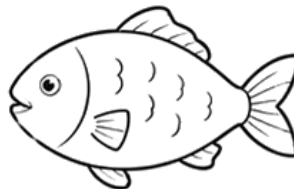
Berries



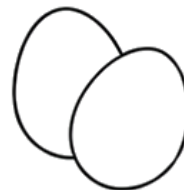
Beef



Chicken



Fish



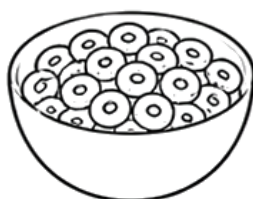
Eggs



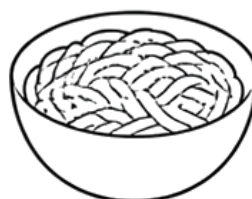
Beans



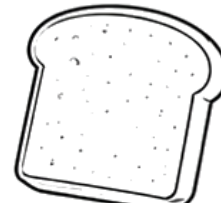
Oatmeal



Cereal



Rice



Bread



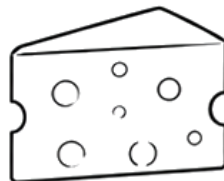
Pasta



Milk



Yogurt



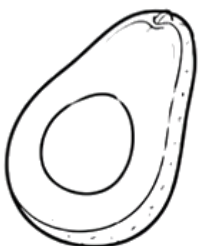
Cheese



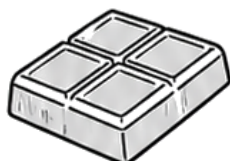
Apple



Peanut Butter



Avocado



Chocolate



Cookie



Melon



Nuts

MY HEALTHY PLATE

**Fruits &
Vegetables**

**Whole Grain
Foods**

**Protein
Foods**

**Sweets
(Choose
Sometimes)**

S. J. Little 2026