

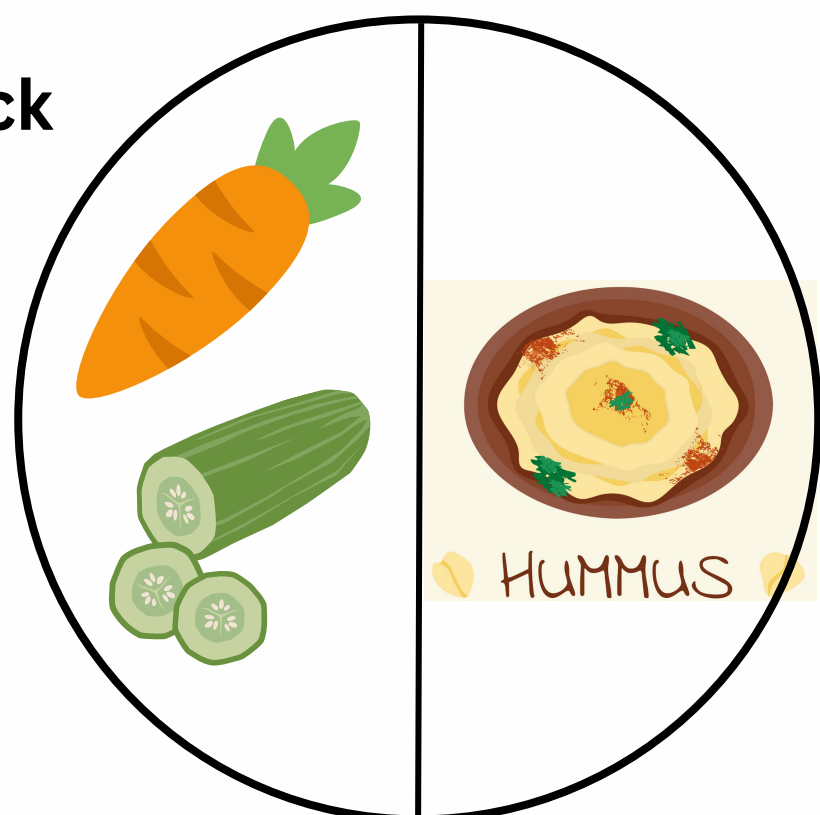
Healthy Eating Balanced Plate Guide

Pick 1-2 options from each category for a balanced lunch.

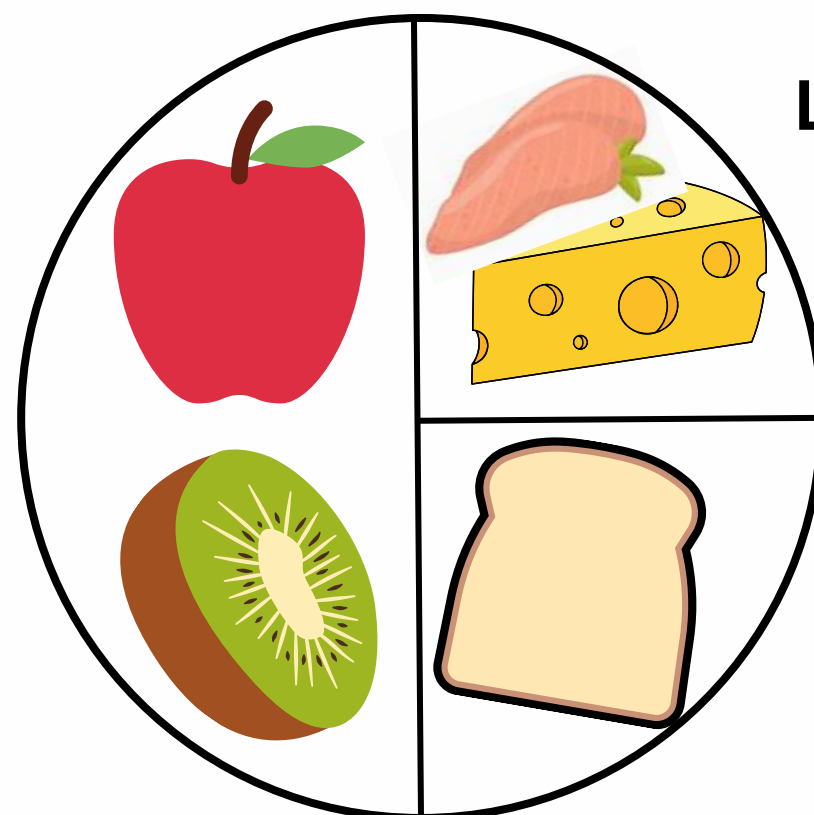
Pick 1-2 options from 2 of the categories for a balanced snack.

Fruits and Vegetables	Proteins	Whole Grains

Snack



Lunch

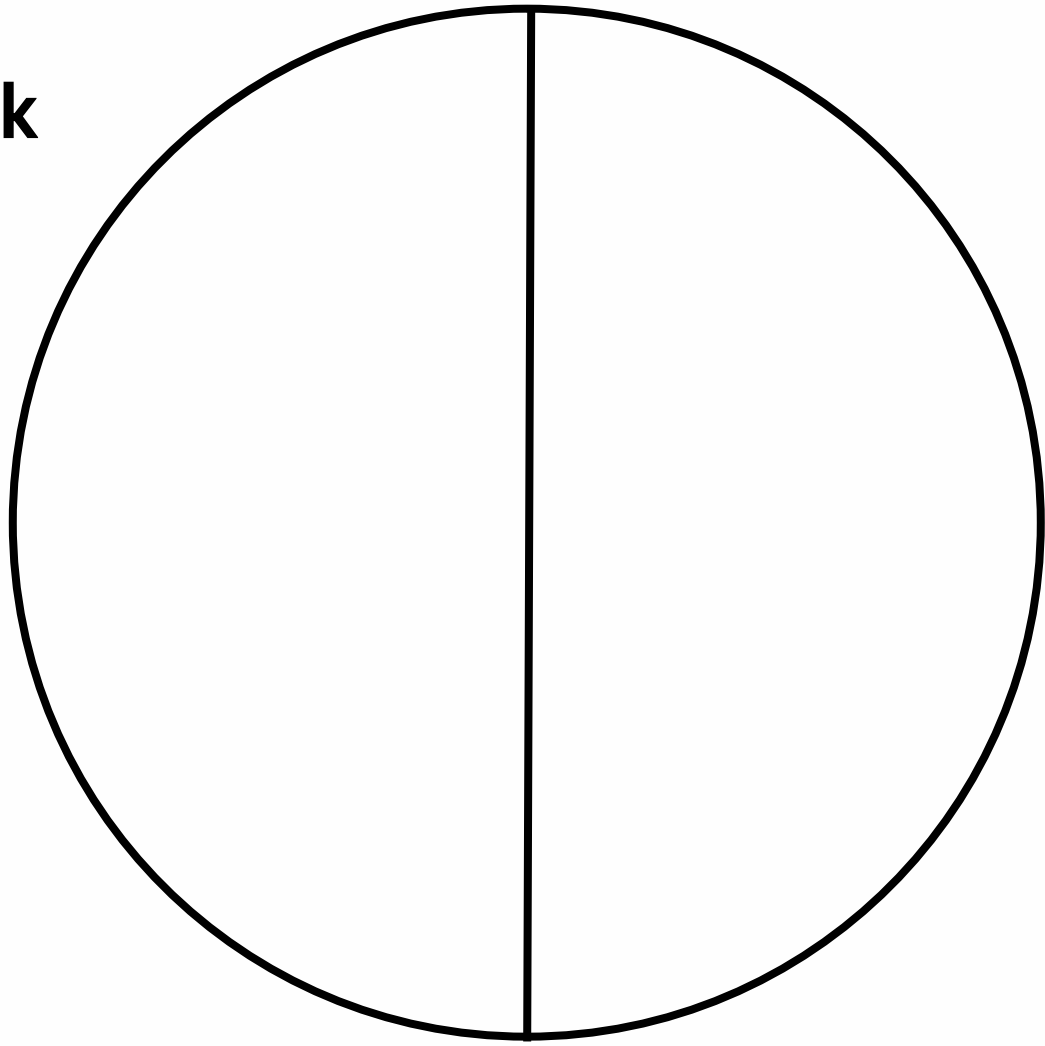


Now it's Your Turn

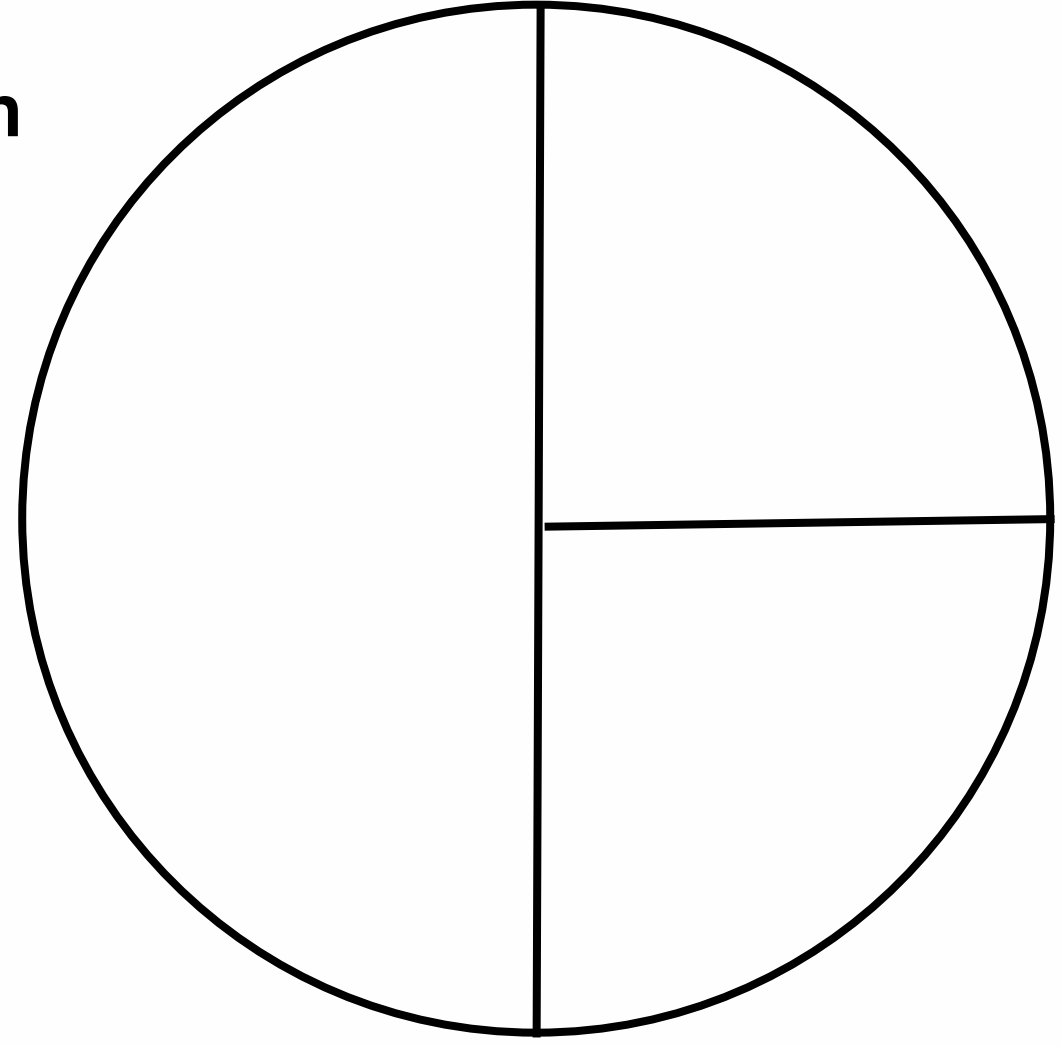
Use the examples provided or your own ideas and come up with balanced plates you can enjoy and will keep your body happy and healthy.

Remember, for a snack your plate should include options from 2 food groups. For lunch 1/2 your plate should be fruits and vegetables, 1/4 should be proteins, and 1/4 should be whole grains.

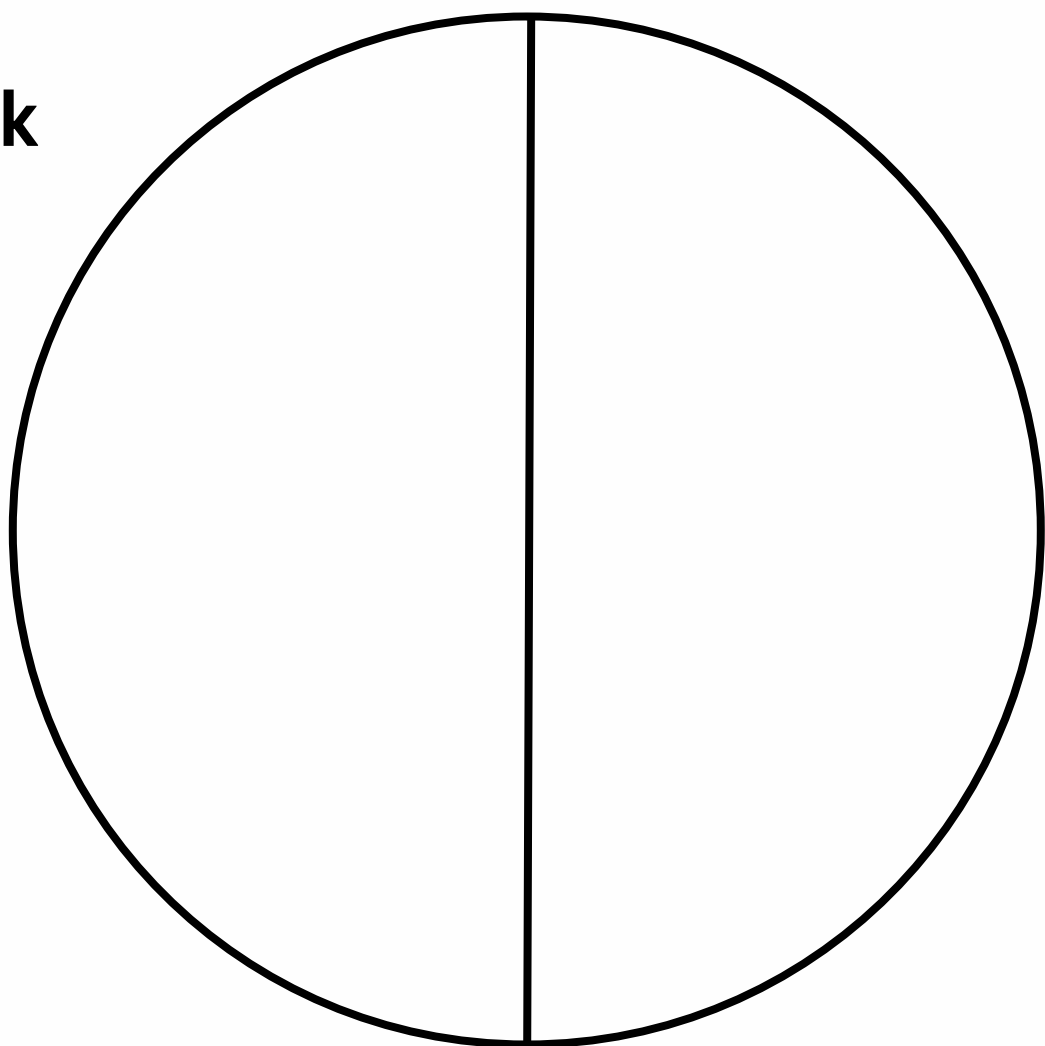
Snack



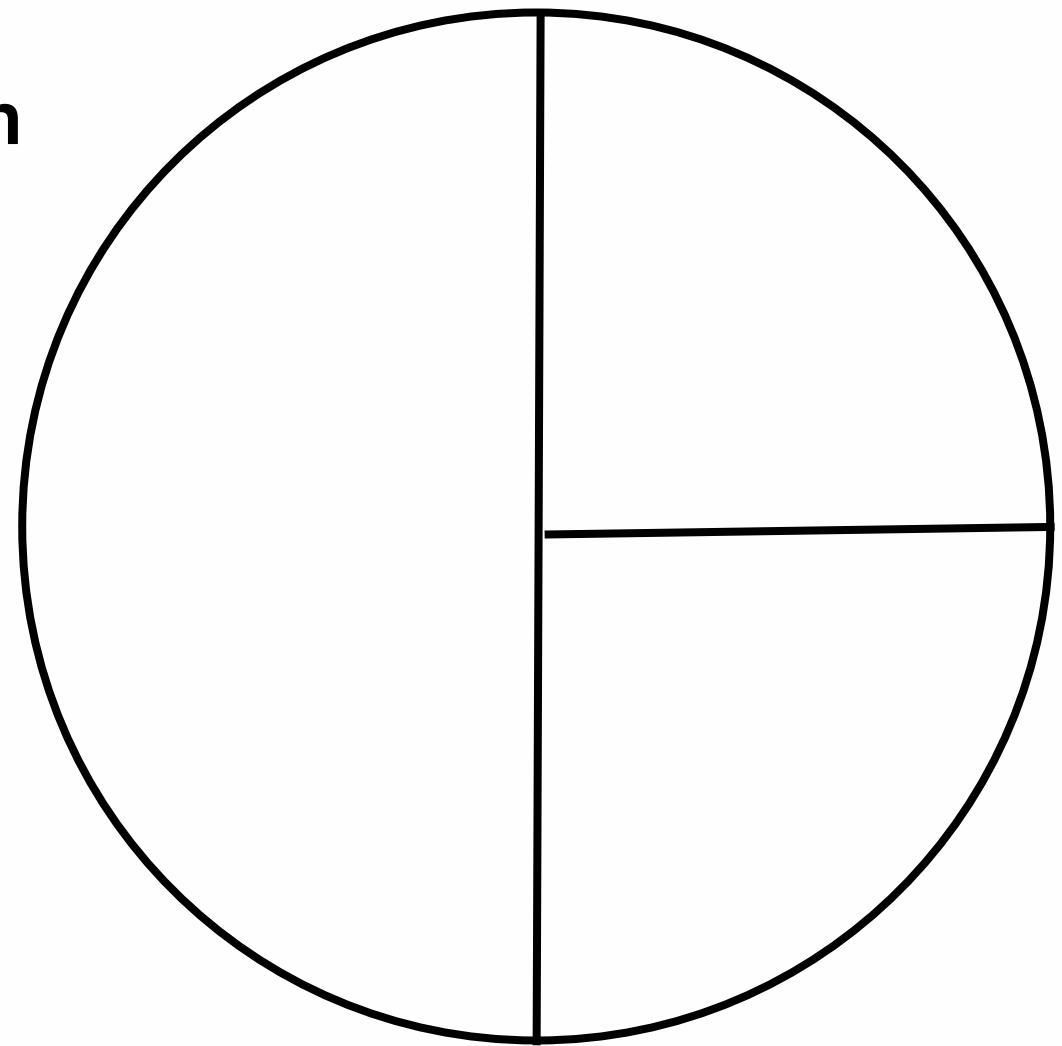
Lunch



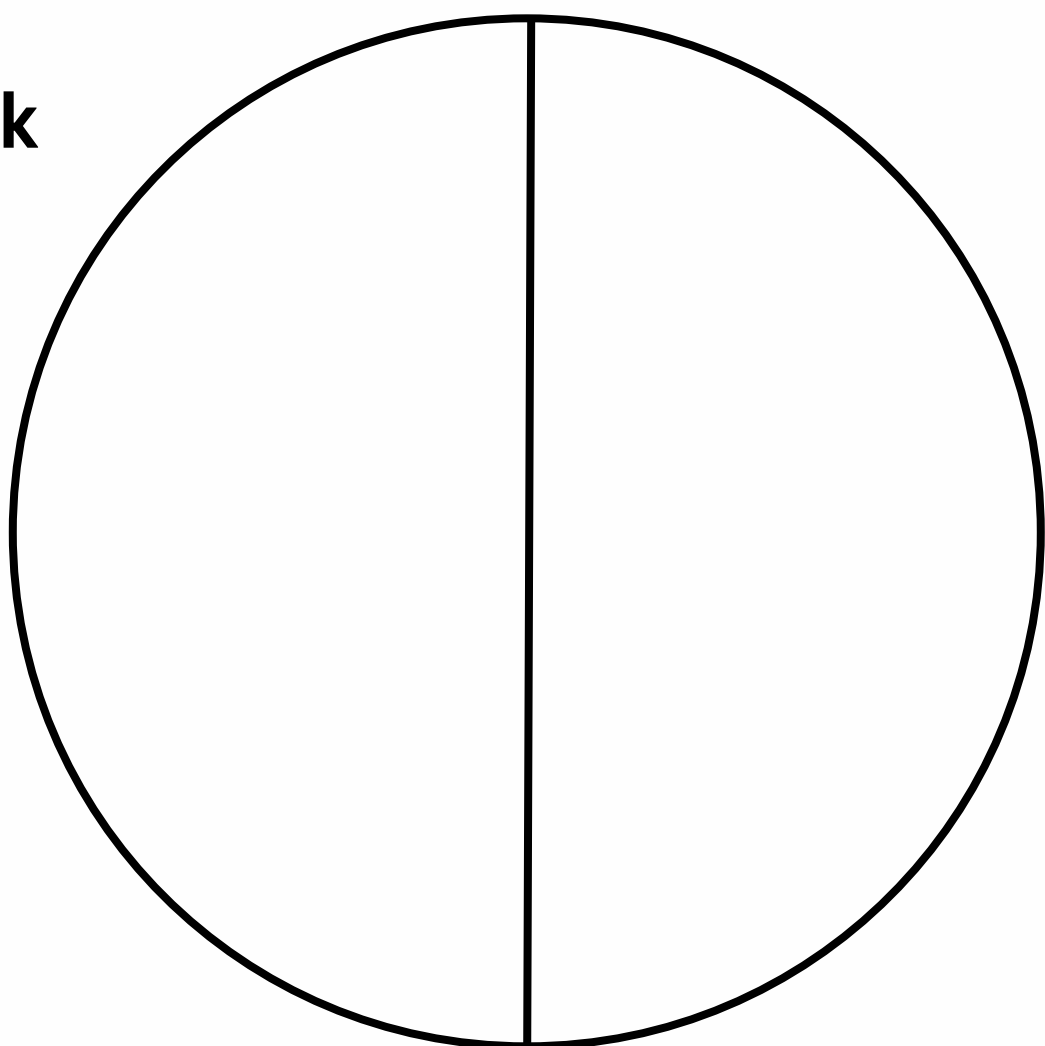
Snack



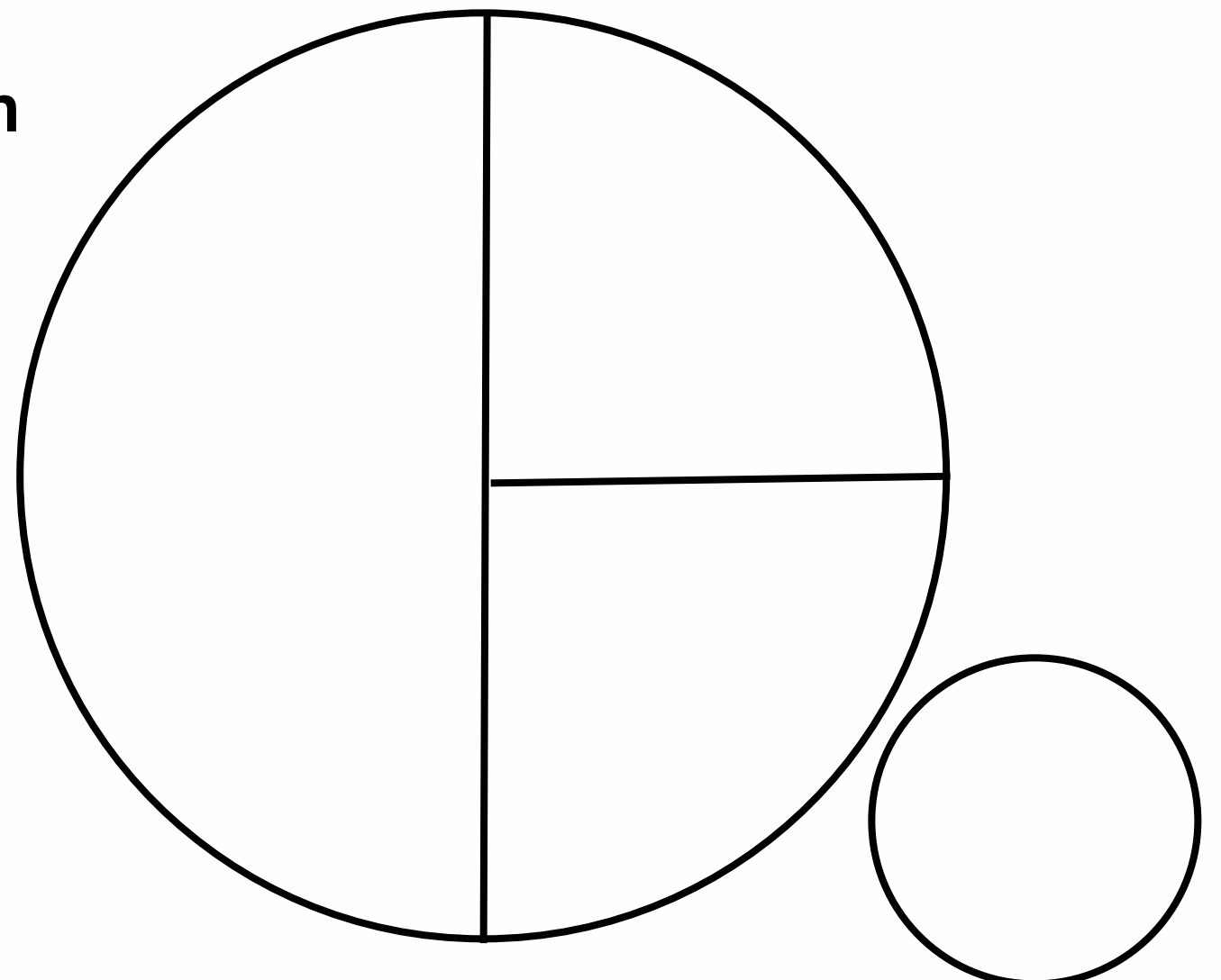
Lunch



Snack



Lunch



On the small side plate draw in your favorite treat as well, because all food can be a part of your balanced diet!