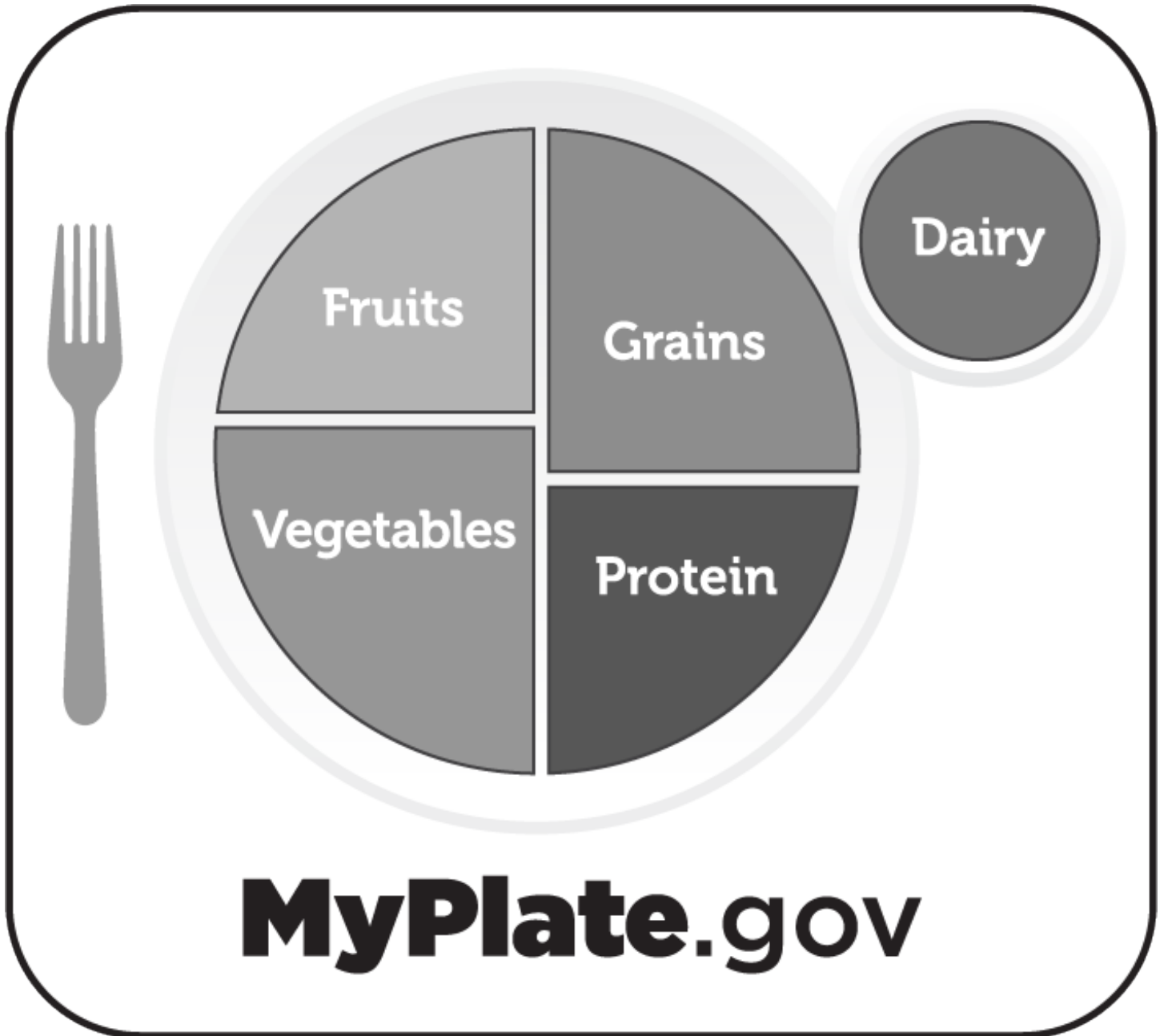


MyPlate



MyPlate is a colorful visual of the five food groups that are the building blocks for a healthy eating style throughout your lifetime. Each of these food groups provide some, but not all, of the nutrients you need. No one food group is more important than another—for good health you need them all. Everything you eat and drink matters.

Information compiled from the United States Department of Agriculture (USDA). Go to myplate.gov for more information.