

**MUST TAKE AT LEAST  
A ½ CUP SERVING OF  
FRUIT AND/OR  
VEGGIE PLUS TWO  
OTHER FOOD  
GROUPS TO MAKE A  
MEAL.**



**FRUIT VEGGIE GRAIN PROTEIN DAIRY**



**= FRUIT**



**= VEGGIE**



**= GRAIN**



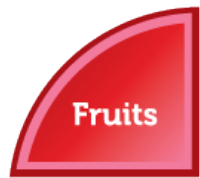
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