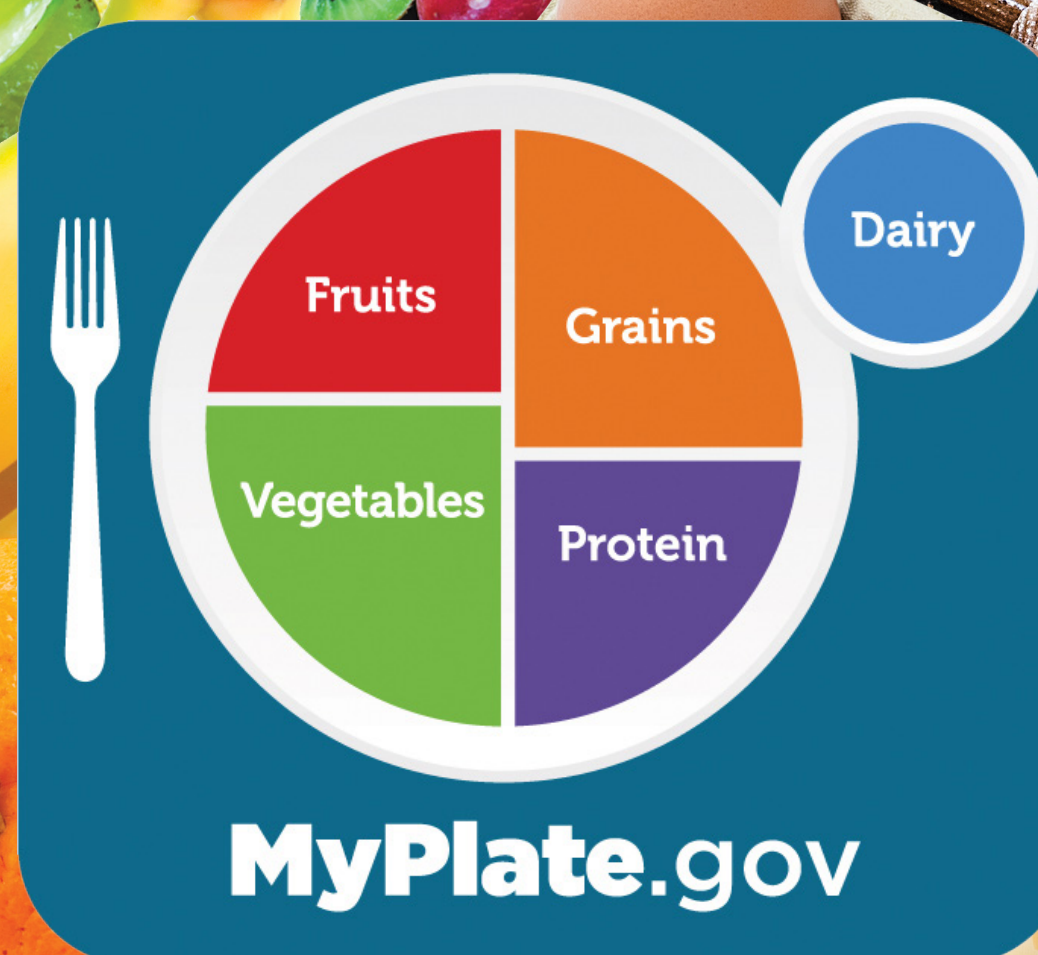


## MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

## FOCUS ON WHOLE FRUITS

Fresh, frozen, canned, dried, and pureed fruit all count. Choose options that have little or no added sugars.



## MAKE HALF YOUR GRAINS WHOLE GRAINS

Look for the words "100% whole grain" or "100% whole wheat" on the food label.

## MOVE TO LOW-FAT OR FAT-FREE MILK OR YOGURT

The dairy group includes milk, yogurt, cheese and fortified soy beverages (soymilk).

## VARY YOUR VEGGIES

Add color to your plate! Choose vegetables with different colors like red, orange, dark green and yellow.

## VARY YOUR PROTEIN ROUTINE

Take in a variety of protein including meat, poultry, seafood, beans, eggs, soy, nuts and seeds during your week.



**PA Healthy Pantry Initiative**  
A project of Feeding PA in partnership  
with the PA Department of Health



**pennsylvania**  
DEPARTMENT OF HEALTH

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<https://www.feedingpa.org/hpi>  
Source for all of the above: [www.myplate.gov](http://www.myplate.gov)