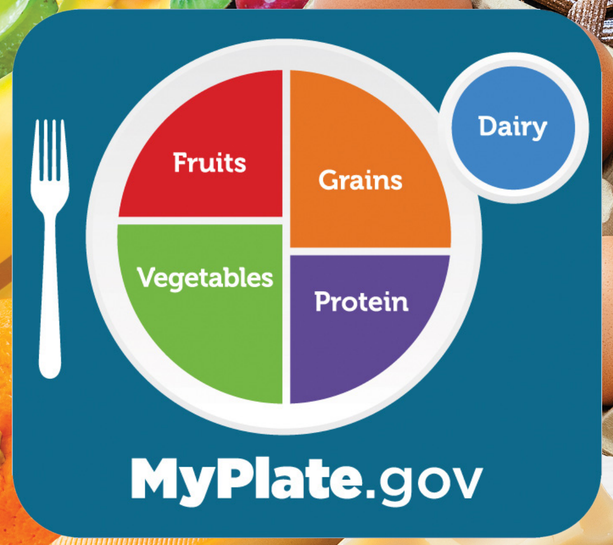
MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

MAKE HALF YOUR GRAINS WHOLE GRAINS

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

FOCUS ON WHOLE FRUITS

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



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

FEEDING PENNSYLVANIA

pennsylvania DEPARTMENT OF HEALTH

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feedingpa.org/pa-healthy-pantry-initiative/snap-ed-approved-resources/

Source for all of the above: www.myplate.gov