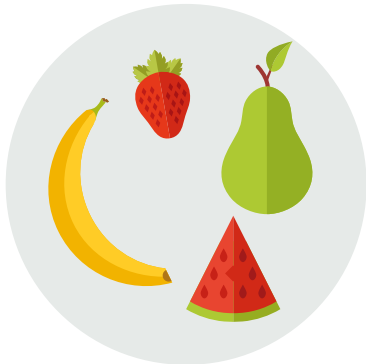


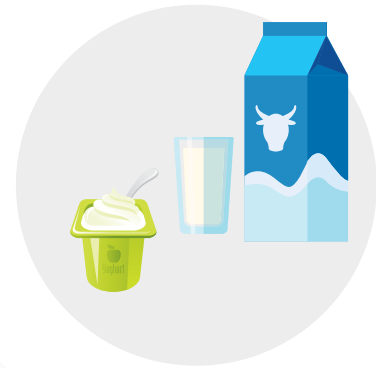


# 3 x 3 HEALTHY EATING PLAN PLATE

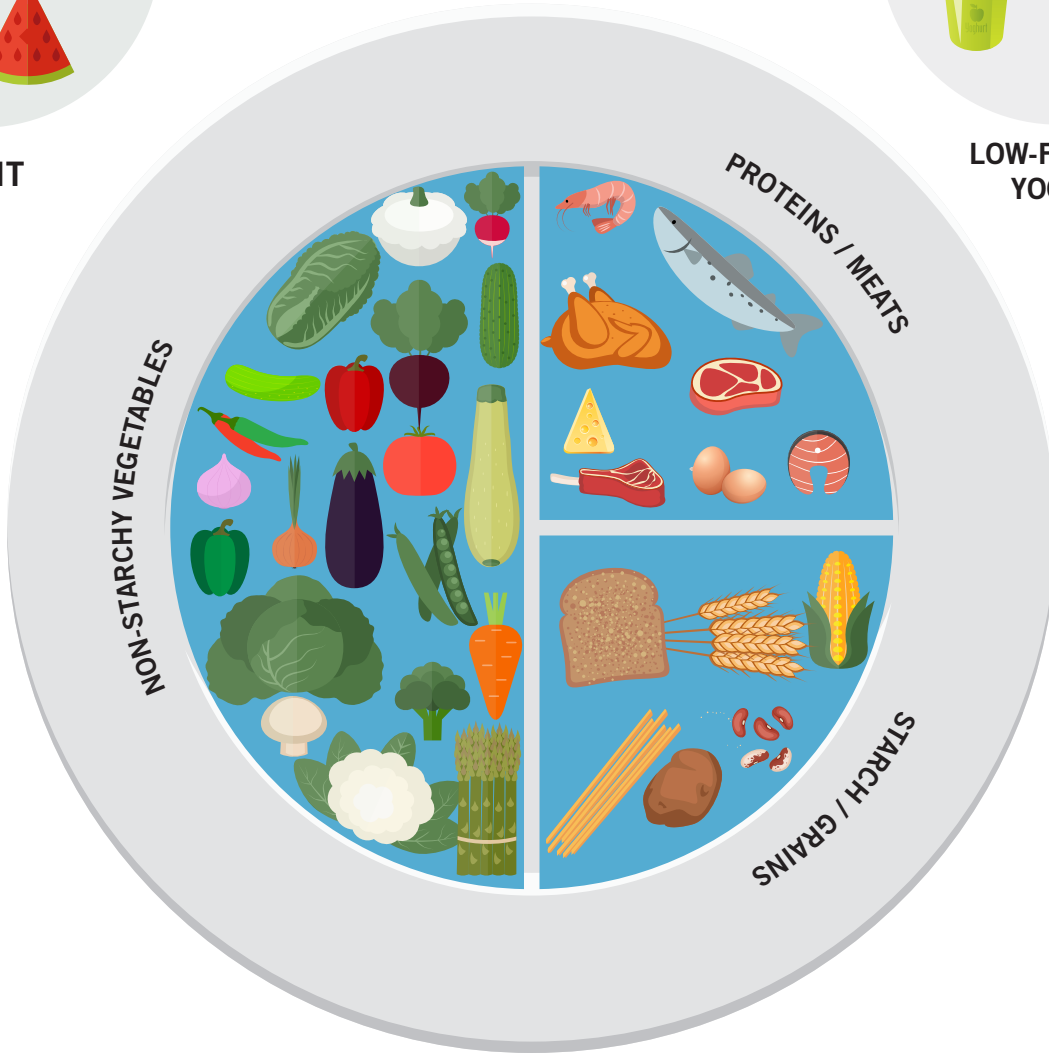
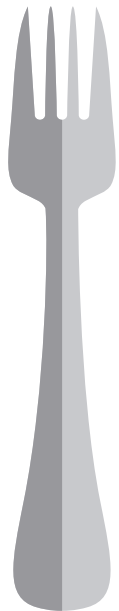
Eat **3** meals each day.  
Eat from at least **3** different food groups at each meal  
Make sure **one** of the groups at each meal is a **fruit** or **vegetable**.



FRUIT



LOW-FAT MILK  
YOGURT



NON-STARCHY  
VEGETABLES



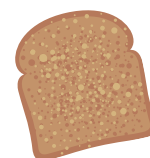
FRUIT



PROTEINS/MEATS



STARCH/GRAINS



DAIRY

