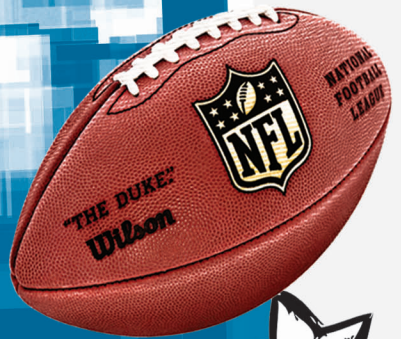
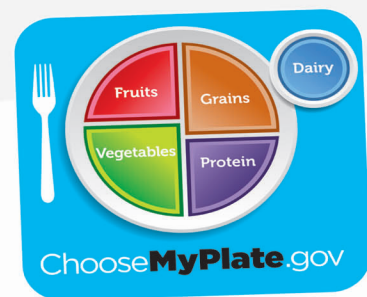




What's On My Tray?



Grain Group:
Provides
B vitamins,
minerals & fiber.
Make half your
grains whole.

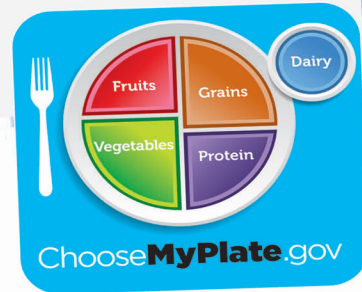


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What's On My Tray?

Protein Group:
Provides protein,
B vitamins, iron
& zinc.
**Go lean
with protein.**



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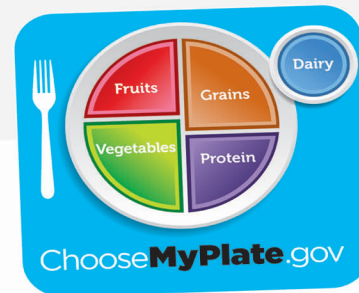
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What's On My Tray?



Dairy Group:
Provides calcium,
potassium,
vitamin D & protein.
**Get your
calcium-rich foods.**



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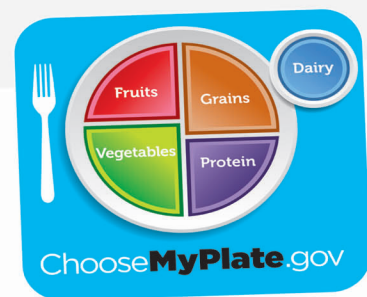
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What's On My Tray?



Fruit Group:
Provides
potassium, folate,
vitamin C & fiber.
Focus on fruits.

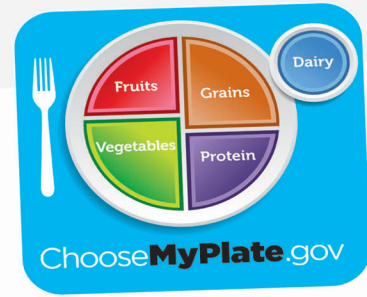




What's On My Tray?

Vegetable Group:
Provides potassium,
folate, vitamin A,
vitamin C, vitamin E
& fiber.

Vary your veggies.



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