



Tomato



Chicken



Bread



Eggs



Banana



Tortilla



Cantaloupe



Kidney Beans



Green Beans



Ham



Grapes



Peanut Butter



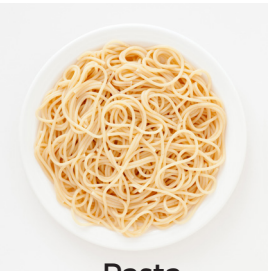
Bell Peppers



Yogurt



Cottage Cheese



Pasta



Salmon



Rice



Strawberries



Apple



Milk



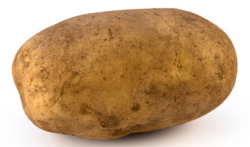
Cheese



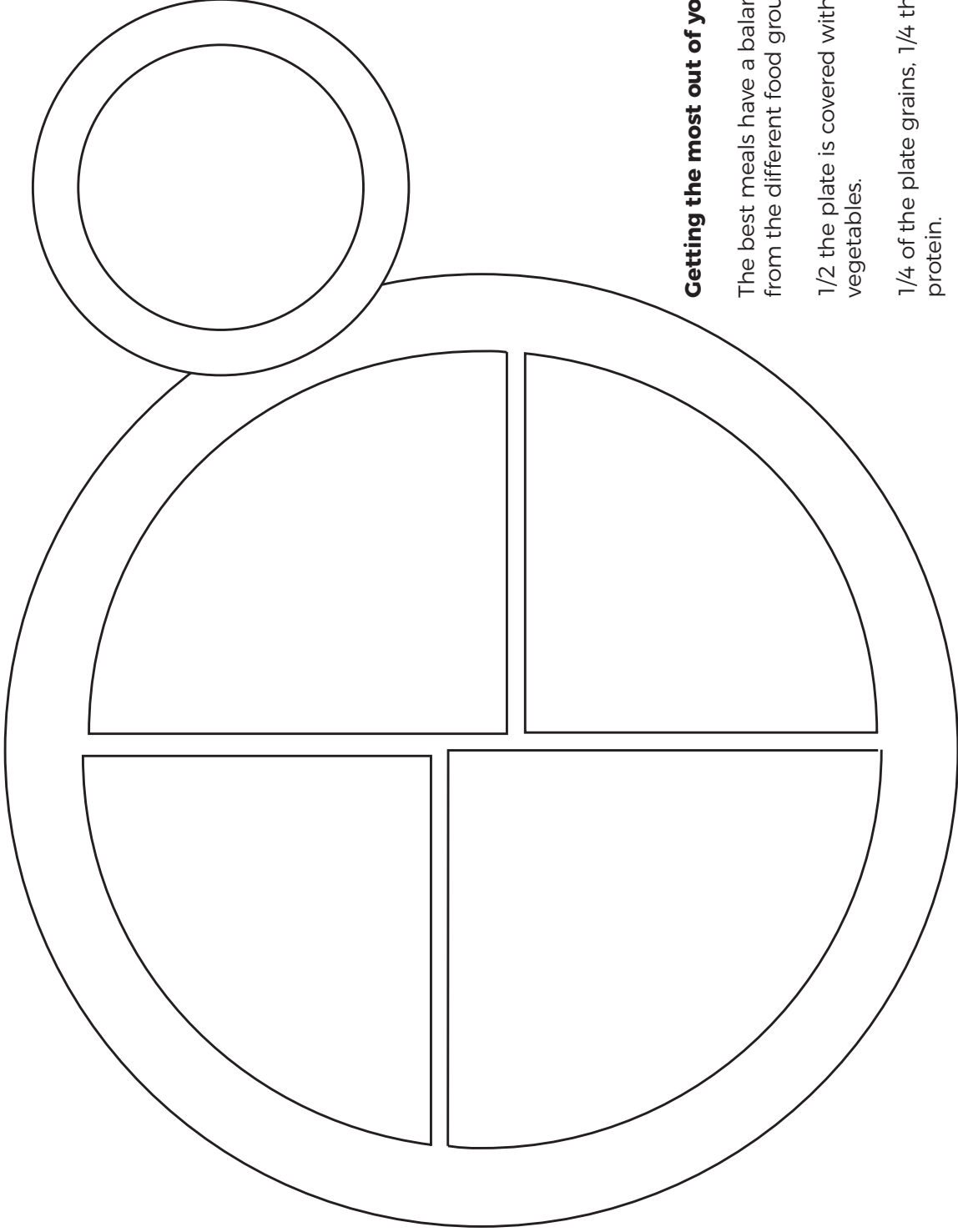
Brussels Sprouts



Bagel



Potato



Getting the most out of your meals:

The best meals have a balance of items from the different food groups.

1/2 the plate is covered with fruits and vegetables.

1/4 of the plate grains, 1/4 the plate protein.

Drink fat-free or low-fat milk instead of soda or other sugary drinks.

Avoid oversized portions.