


MY PLATE FUN FACTS

1. Fill half your plate with fruits and vegetables to get lots of nutrients for growth and protection from germs.
2. Eat more lean protein, like chicken and turkey, for added energy for play.
3. Choose whole grains to help build strong bones.
4. Choose low-fat milk over whole milk for more calcium and vitamin D to build strong bones and teeth.
5. Eat a variety of food from different food groups to get all the nutrients we need to be healthy!

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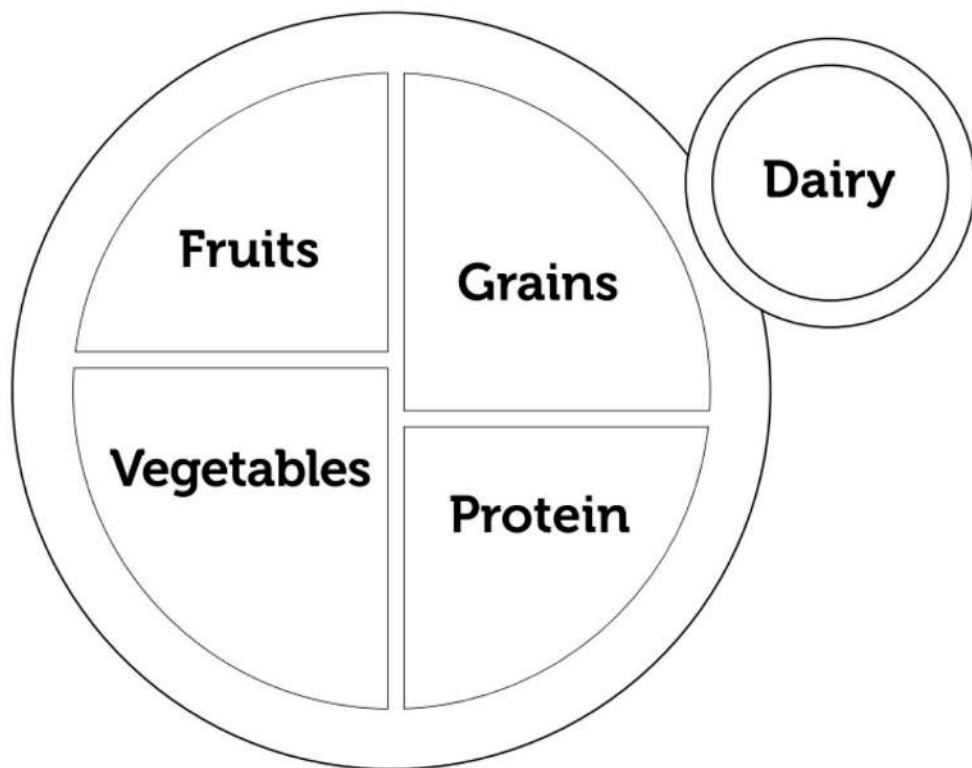
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COLOR MY PLATE



GREATER BATON ROUGE
FOOD BANK



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