

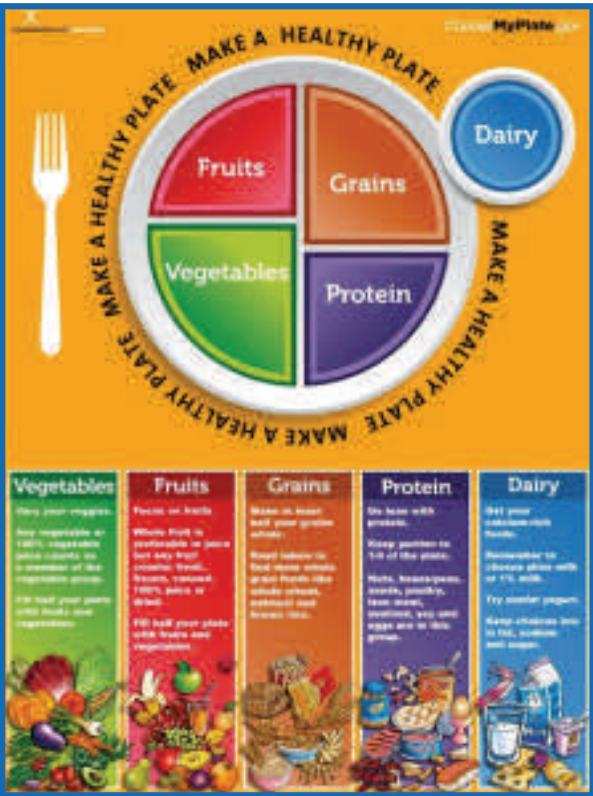


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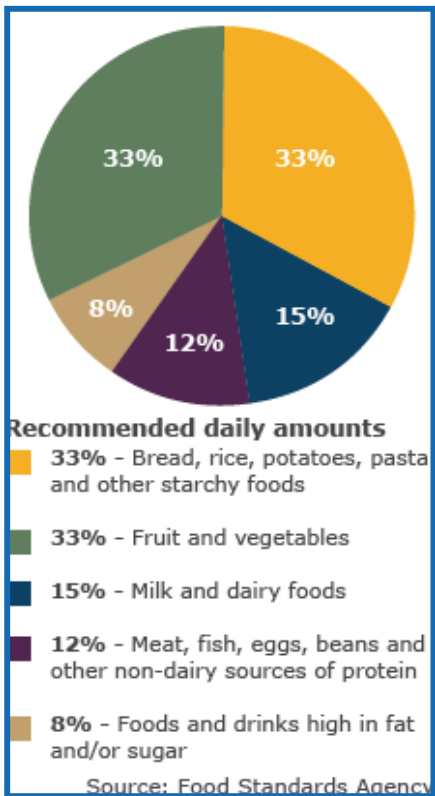
## What's on Your Plate?

A balanced meal consists of five food groups: vegetables, fruits, grains, protein and dairy. It is important to eat a balanced meal as it prevents disease and infections, helps control weight, promotes healthy body growth and improves mental health.

### A Balanced Meal



### Balanced Portions



# What's your Nutritional Choice?

## Protein

- Mixed nuts
- Almond butter
- Beans
- Lentils
- Seeds
- Split peas



## Fruit

- Cantaloupe
- Watermelon
- Apples
- Oranges
- Plums
- Peaches

## Dairy

- Low fat milk
- Almond milk
- Cheese
- Soymilk
- Rice milk

## Grains

- Brown rice
- Wild rice
- Whole wheat
  - Bread
  - Pasta

## Vegetables

- Spinach
- Broccoli
- Squash
- Carrots
- Cabbage

## Unhealthy Foods to Avoid

- Foods with added sugar and high fructose corn syrup
- Refined grains — especially gluten grains
- Trans fats
- Artificial sweeteners
- Foods that are highly processed