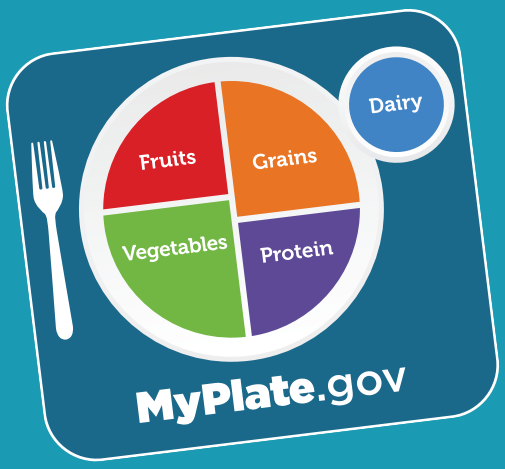
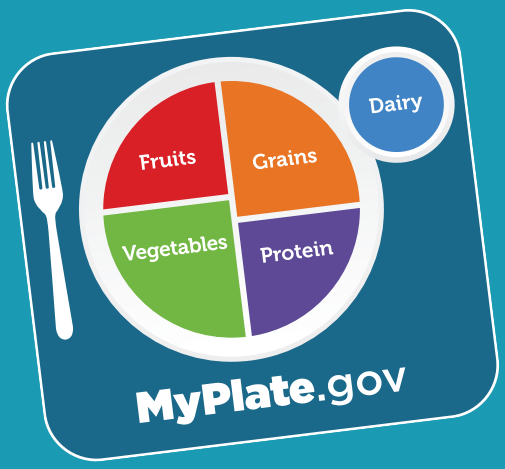
Discover MyPlate



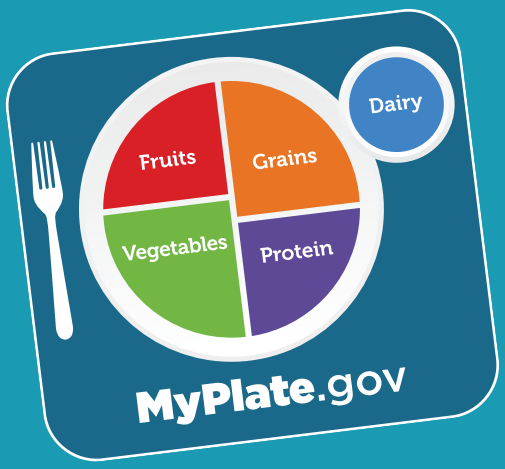
FNS-552

Discover MyPlate



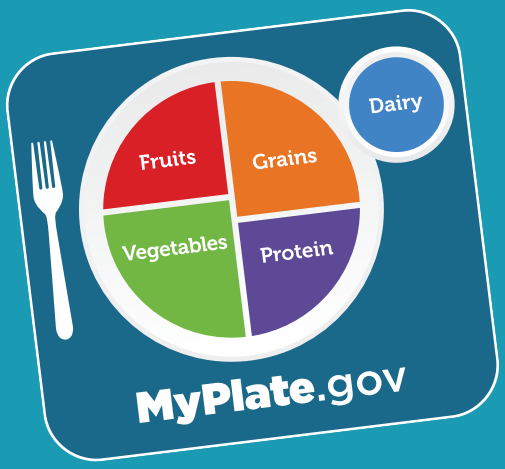
FNS-552

Discover MyPlate



FNS-552

Discover MyPlate

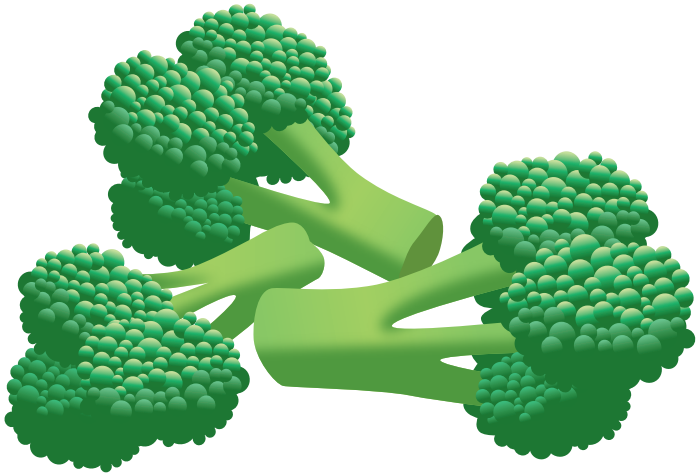


FNS-552

milk

raisins

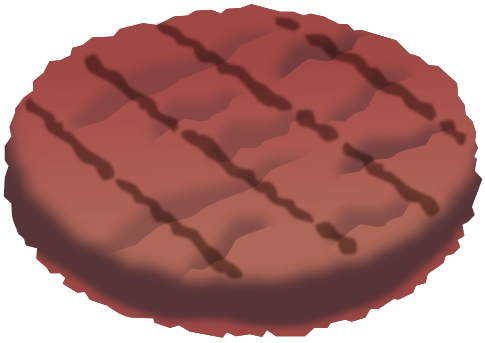
tuna fish



broccoli

cereal

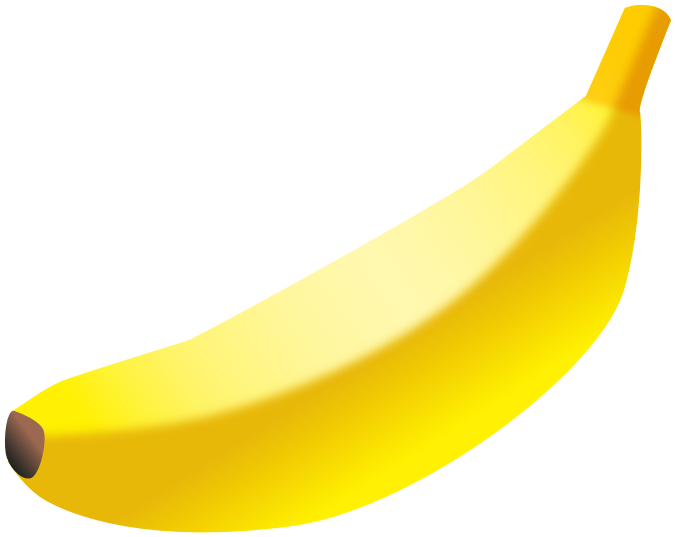
salad



hamburger

carrot

oatmeal

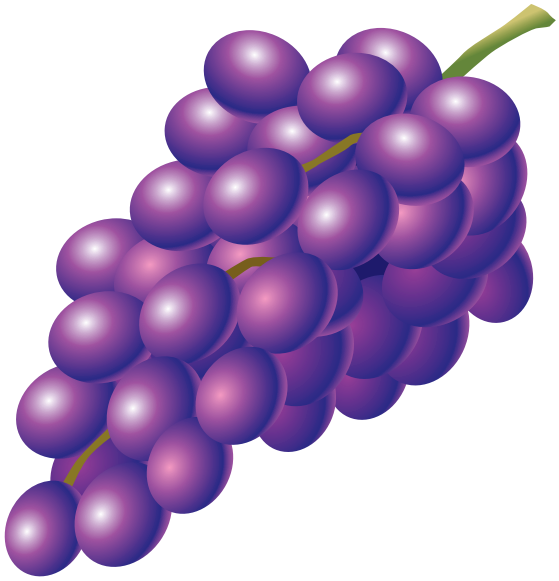


banana

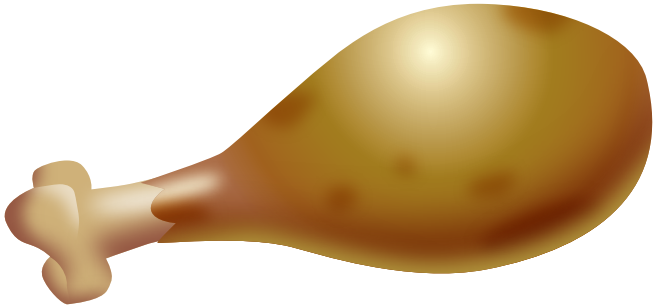
black beans

soy milk

cottage cheese

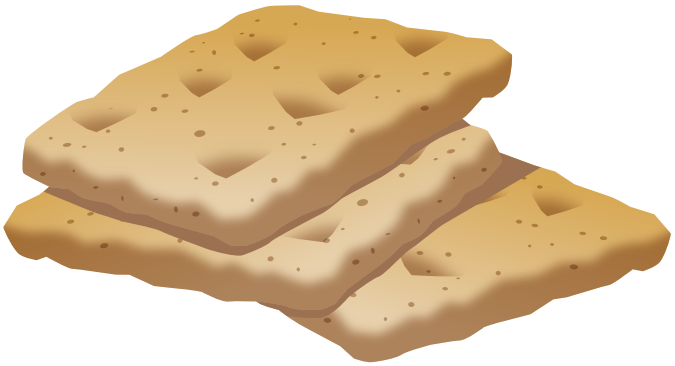


grapes

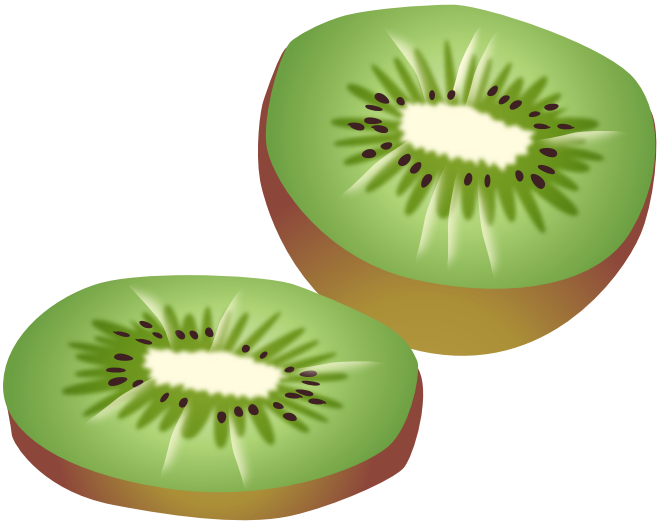


chicken

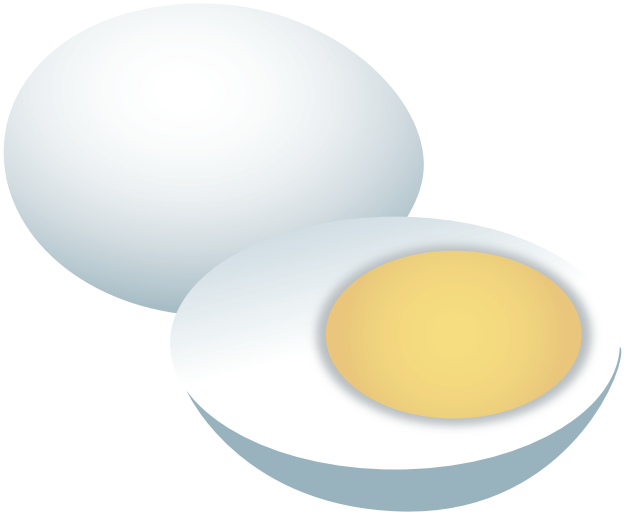
beans



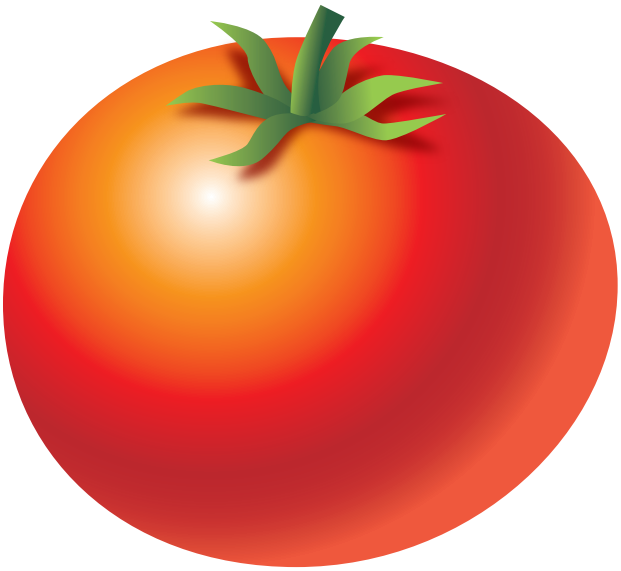
crackers



kiwi

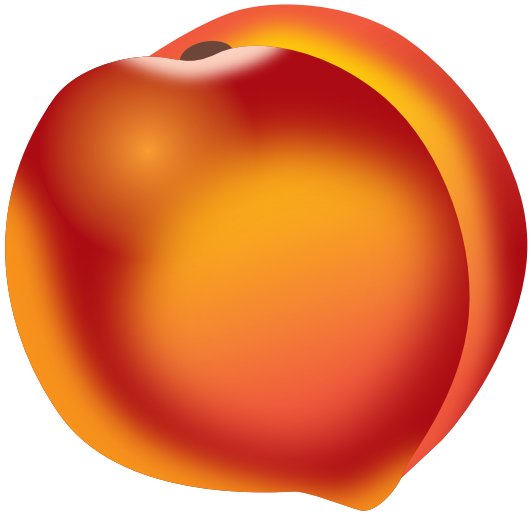


eggs

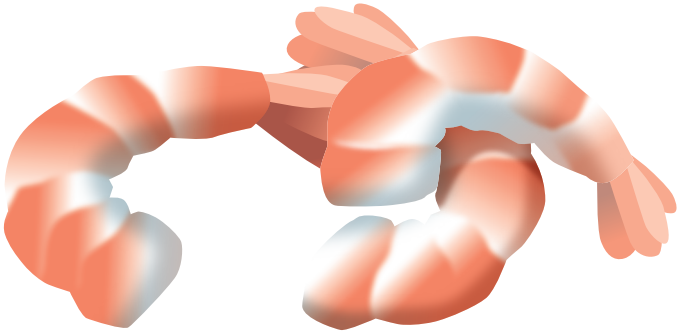


tomato

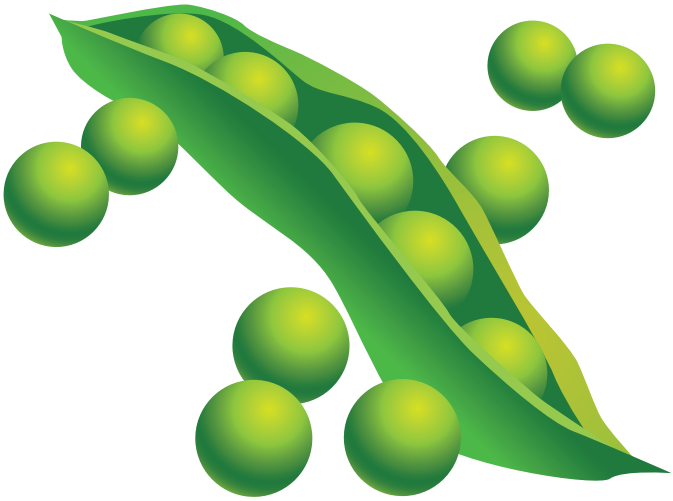
yogurt



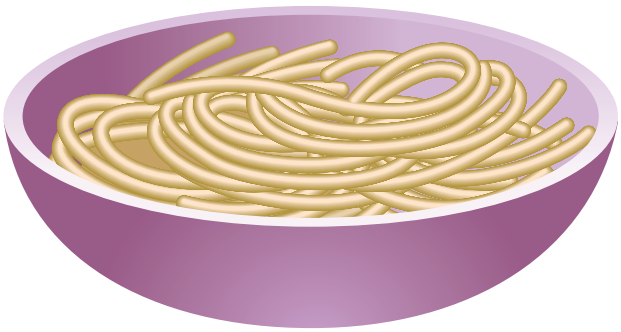
peach



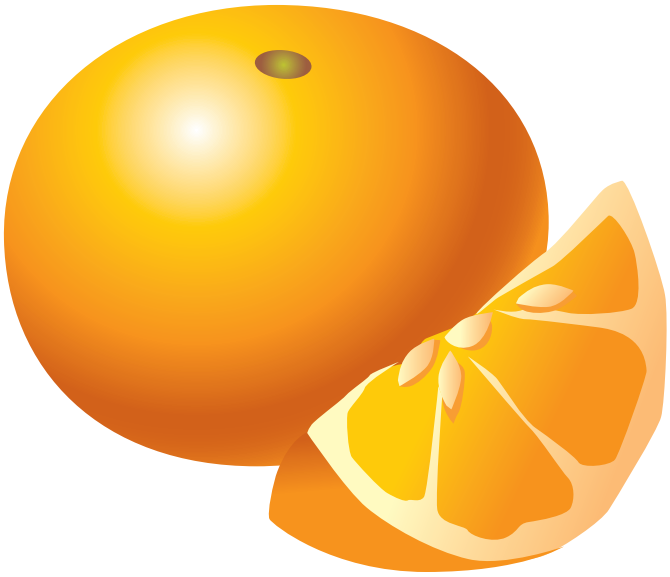
shrimp



peas

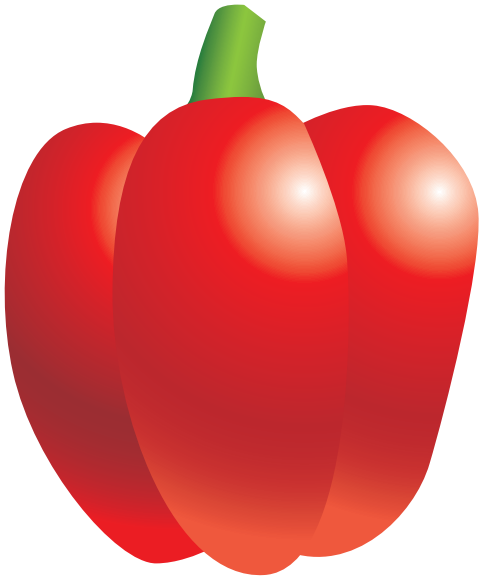


pasta

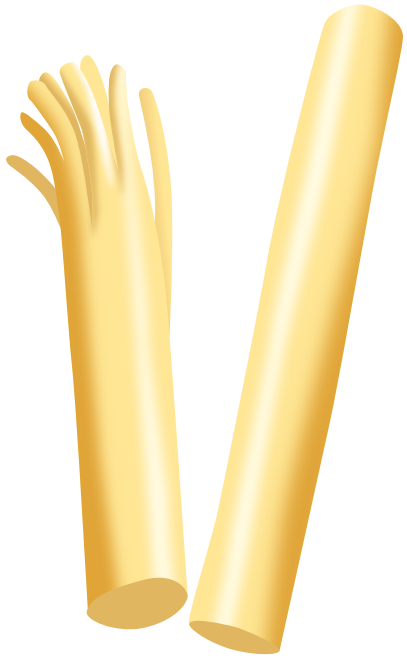


orange

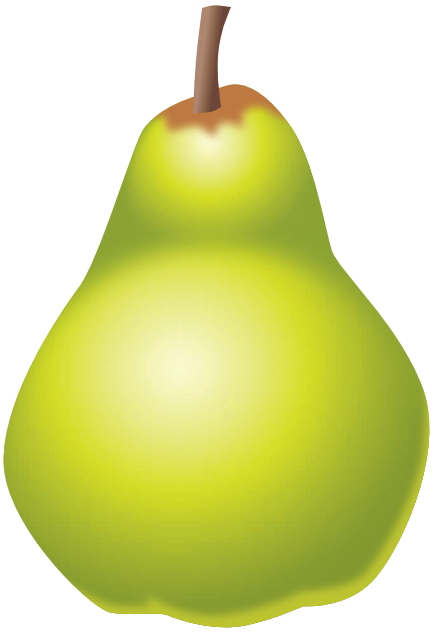
peanut butter



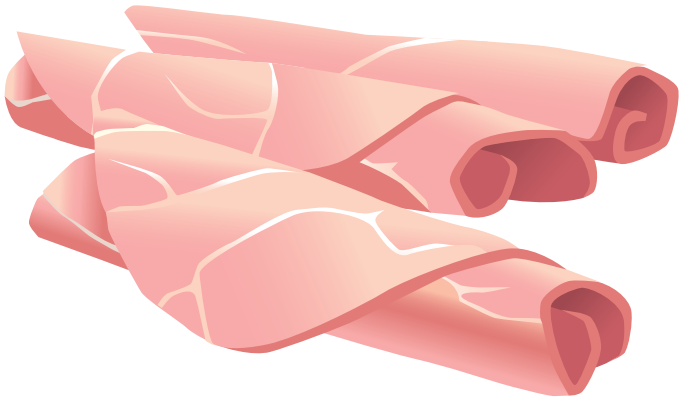
pepper



string cheese

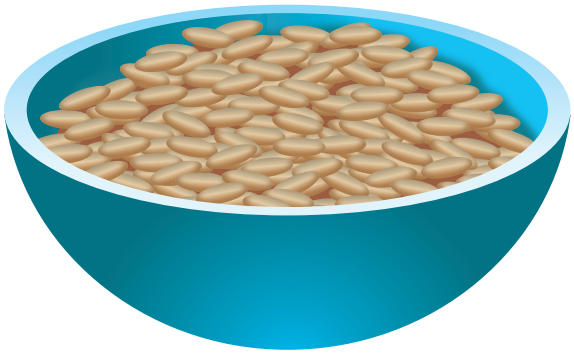


pear



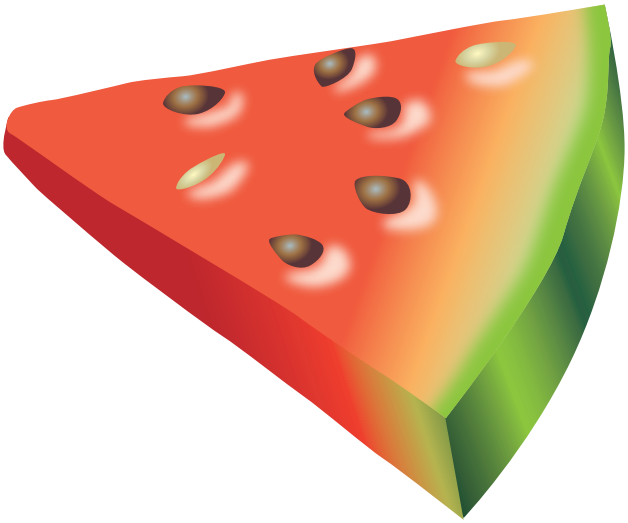
ham

spinach



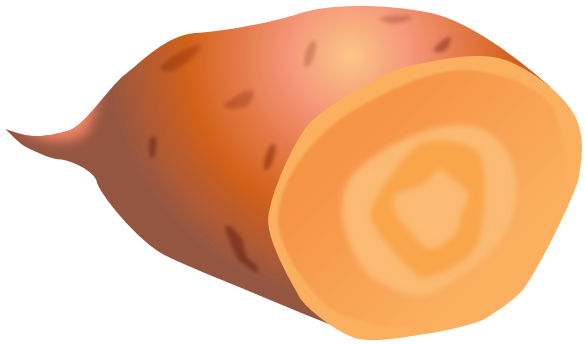
brown rice

strawberries

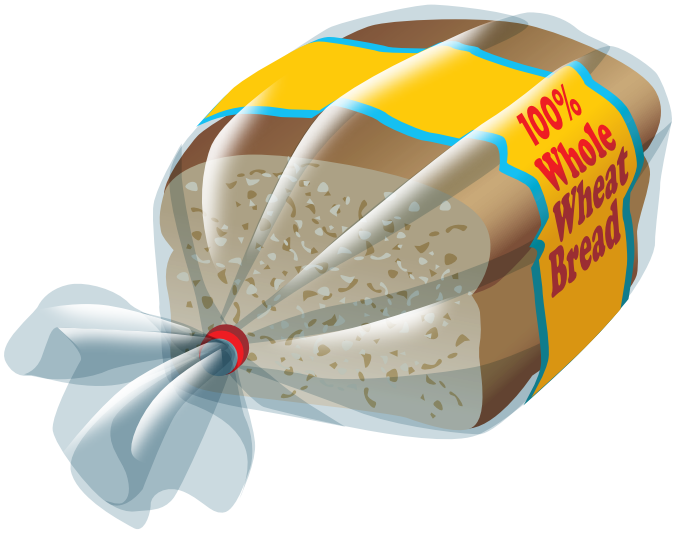


watermelon

cheese

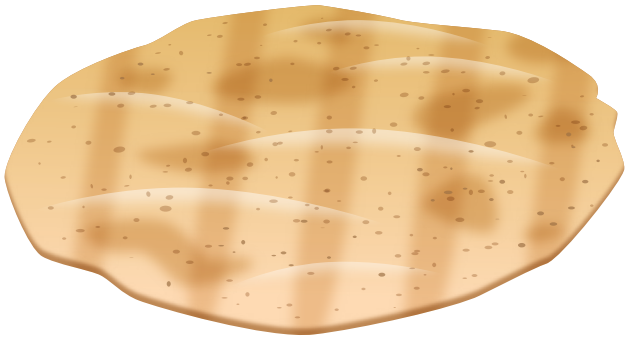


sweet potato

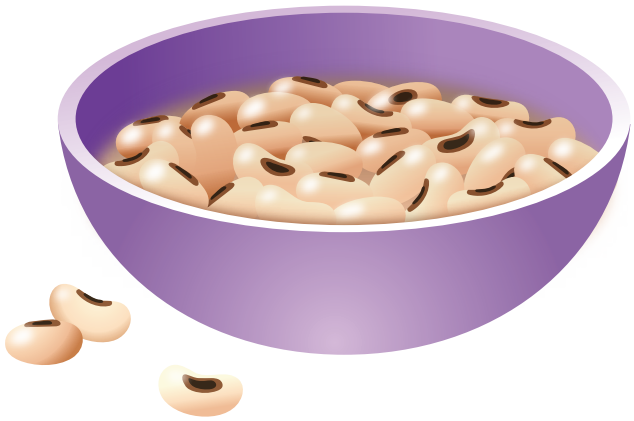


bread

popcorn

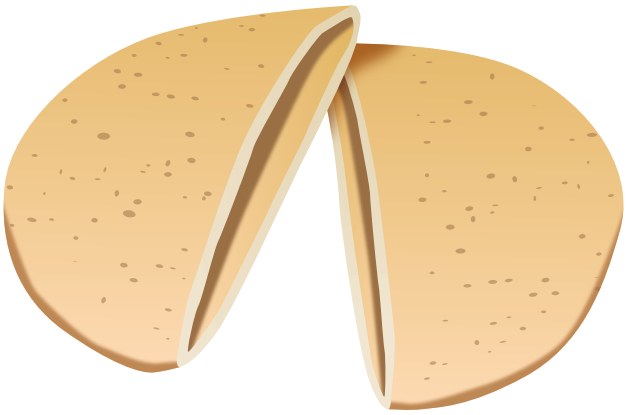


tortilla



black-eyed peas

pumpkin



pita bread

cabbage

pineapple

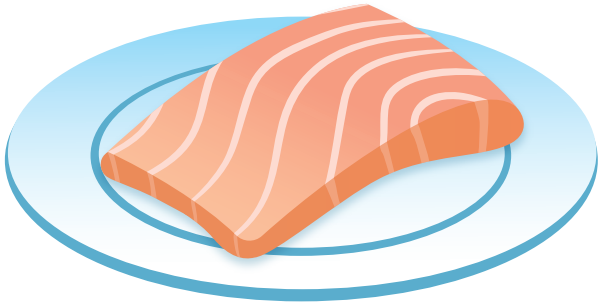
veggie burger

chickpeas
(garbanzo beans)

collard greens

cod

tofu



salmon

taro