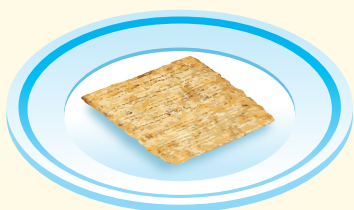


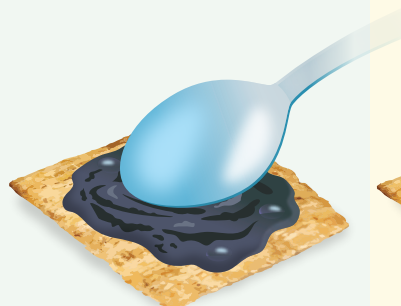
# Garden Bite

## 1 Choose a Whole Grain



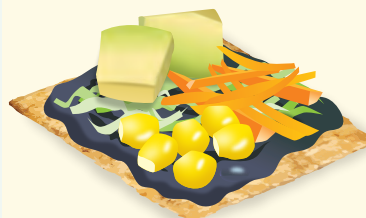
Put a grain on your plate.

## 2 Spread the Protein Food



Spread some dip onto the grain.

## 3 Add Veggies



Top with colorful vegetables.

## 4 Top With Dairy



Spoon a dairy food on your veggies.

## 5 Take a Bite



## Ingredients

### Grains

whole grain cracker, tortilla chip, or pita chip



### Protein Foods

bean dip or hummus



**Tip:** To make your own dip, mash low-sodium black beans with a fork. Add liquid from the can to make it smoother.

### Vegetables

corn, lettuce, avocado, salsa, carrots, or beans



### Dairy

low-fat cheese, soy yogurt, or non-fat plain yogurt

