

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MyPlate

B X I I U Q D A I R Y O P R O T E I N I L I G U  
R A I R P B G L F P K G E Y E F F H F U G C C P  
Q U O S E K F E O K C E E T G I G S A I N I X R  
V O N L P U W U X G O P U D O P K Q L G C Q D B  
C C D D P I O L I V E O I L D O Z C L W S X K X  
K X P I E E P U F L P R Z J D E J B L B Q B Y P  
F X V U R O L F P B Z W B F I S H E M N Z Y H E  
R U S Z S W C T F I J O O F S L S I U K G L U Q  
U W B B H P I P U V A G R P Q K T X Z B J K V H  
I P D D B R G W M A U H M M E V R Z L P Q G E Z  
T N Q G R E J A Y O D O W V J G O P A G S K G B  
S A P W E P D P P U F N M R X B N O Y D D I E N  
S P L U A A O P L C H F Q V T Z G U E W F G T V  
X Q G U D D E L A O K U A P R Y B I O H L L A B  
B E E G F B L E T Z R U K Q T B O E W O H Z B X  
U D E A T C F S E M W R D J M V N P D L D U L J  
P W H E A L T H Y E A T I N G I E K Z E N B E V  
N Y T V H V G W Q A S A N D V T S E F G W M S N  
J X O Q R X X D F N H G G X H A H S F R A Q N L  
X I T L V A R I E T Y R Z P P M J Z C A F R C B  
K K R I N A E M P N H M Y L K I P M H I Z T V N  
N W O E K W J I U D G V M K P N Q Y G N N V E M  
P B A S P B Y L U W N F I C H S O E F S L Z Q C  
Z M F T C Q H K X U R O C H S F S J E W A X P A

healthy eating

strong bones

Whole Grains

Vegetables

olive oil

vitamins

peppers

MyPlate

Protein

variety

apples

Fruits

bread

dairy

milk

fish