

Name: _____

Date: _____

MyPlate

R Y O T A U R V F Y K W K N S C I 4 R H A U W /
 K B 2 T N E O 2 I P U C 8 / 1 K W Y 1 V 4 C V Y
 W S V I A H E I A C J W Y T N E L I O E S S N N
 G D T U N D 1 W 8 H V T J E D P C C B G T F D M
 A N B R A 8 / L E G N A R O 8 R A B H E N P P Y
 R U C F B P H A M B U R G E R D P H F T E L A P
 P O M E N G R A N T E V H 2 O T S / F A I A / L
 C P 1 P P U S J 8 1 U U 1 1 P A T U C B R C 8 A
 S U A A O U O S T U N O C O C I 1 G G L T E D T
 8 P T R T G R A P E S S L H R N J S O E U M D E
 S D M G A E P 1 L N 4 F K H 1 8 / / I S N A B F
 R O C M T 1 G Y P I T N 4 / Y P F C F L F T A 8
 H O E W O U R K G B H P 4 K S B L 8 L R C L F D
 T F N M L R / R V E L C E E A A R T I C H O K E
 O L J L E M O N R A U A N A 4 I Y 2 P P B F R F
 U D L H B O J L P P U O C P R V P E R / E P J R
 I A C 8 J Y R P L U L H E K J T S O S B L W B U
 1 W I J P 1 L M C E P A 1 M B 2 T G / / P P B I
 O Y I 2 4 E M H M L N / W I H E 2 F L O P G H T
 4 Y R K O T N R 1 U 2 / M H I S R R H L A R B S
 M K M I Y 2 E I T C F G 8 N 4 C Y R V S E A M D
 R R F B A T T S U W 2 T B Y C D O O Y M N I I E
 E E G N A D U P B I A 1 E B P 8 E I P C I N R A
 Y J 2 W D K P T E R I 1 W R T B L K / I P L D /

pomengrante
 artichoke
 placemat
 peanuts
 grapes
 2 tsp
 grain

blackberry
 pineapple
 avocado
 myplate
 orange
 1 tsp
 dairy

grapefruit
 hamburger
 1/2 cup
 protein
 fruits
 lemon
 kiwi

watermelon
 nutrients
 1/4 cup
 cherry
 pounds
 apple
 pear

vegetables
 coconuts
 1/8 cup
 banana
 potato
 jerky
 food