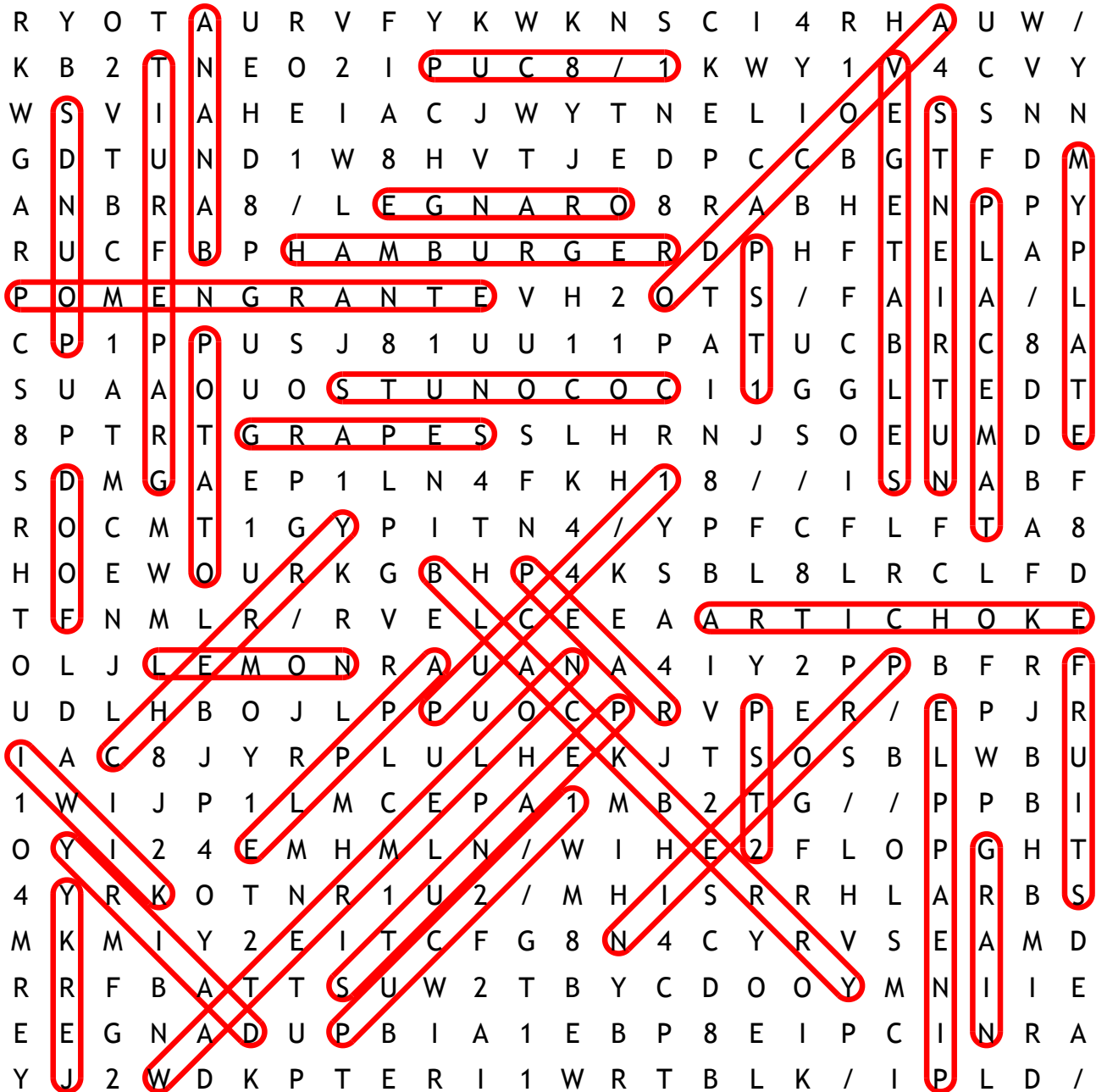


Name: \_\_\_\_\_

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

# MyPlate



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