

Protein



Choose 1

Grain



Choose 1

Vegetables



Choose
Unlimited

Fruit



Choose
Unlimited

Milk



Choose 1

- Must choose at least 3 colors for a complete meal — at least 1 must be a **fruit** or **vegetable**
- Main entrees such as pizza or a sandwich include a **protein** and a **grain**
- Make 1/2 of your plate fruits and vegetables
- May choose all 5 colors