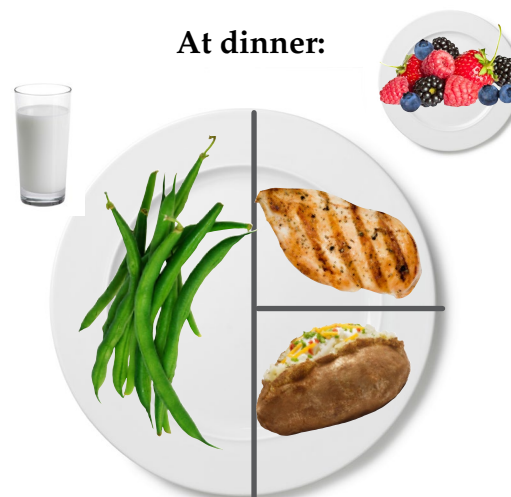
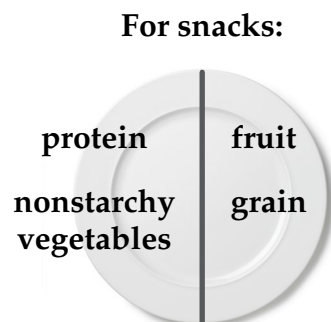
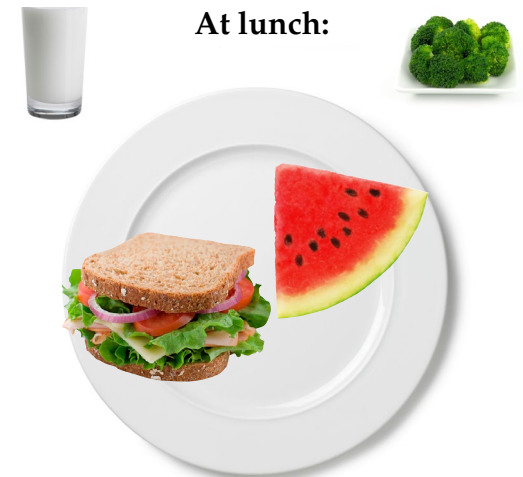
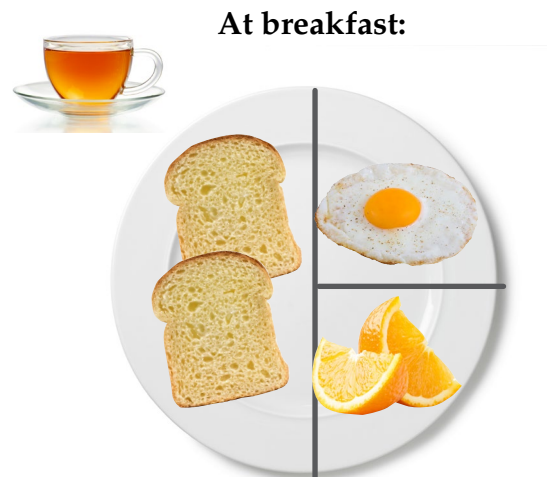
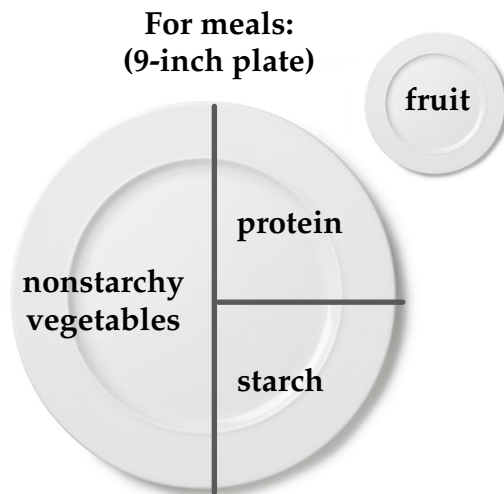


How to Plan Your Meals and Snacks

When you are planning your meals and snacks, try to think about what your plate should look like.

Remember, what you drink counts too! It's best to drink water but you can also enjoy coffee, tea, or low-fat or fat-free milk with your meals and snacks. Avoid sugar-sweetened beverages such as soda, juice and lemonade.



(over)

The following chart shows examples of foods to put on your plate.

Proteins	Fruits	Nonstarchy Vegetables	Starches
    	