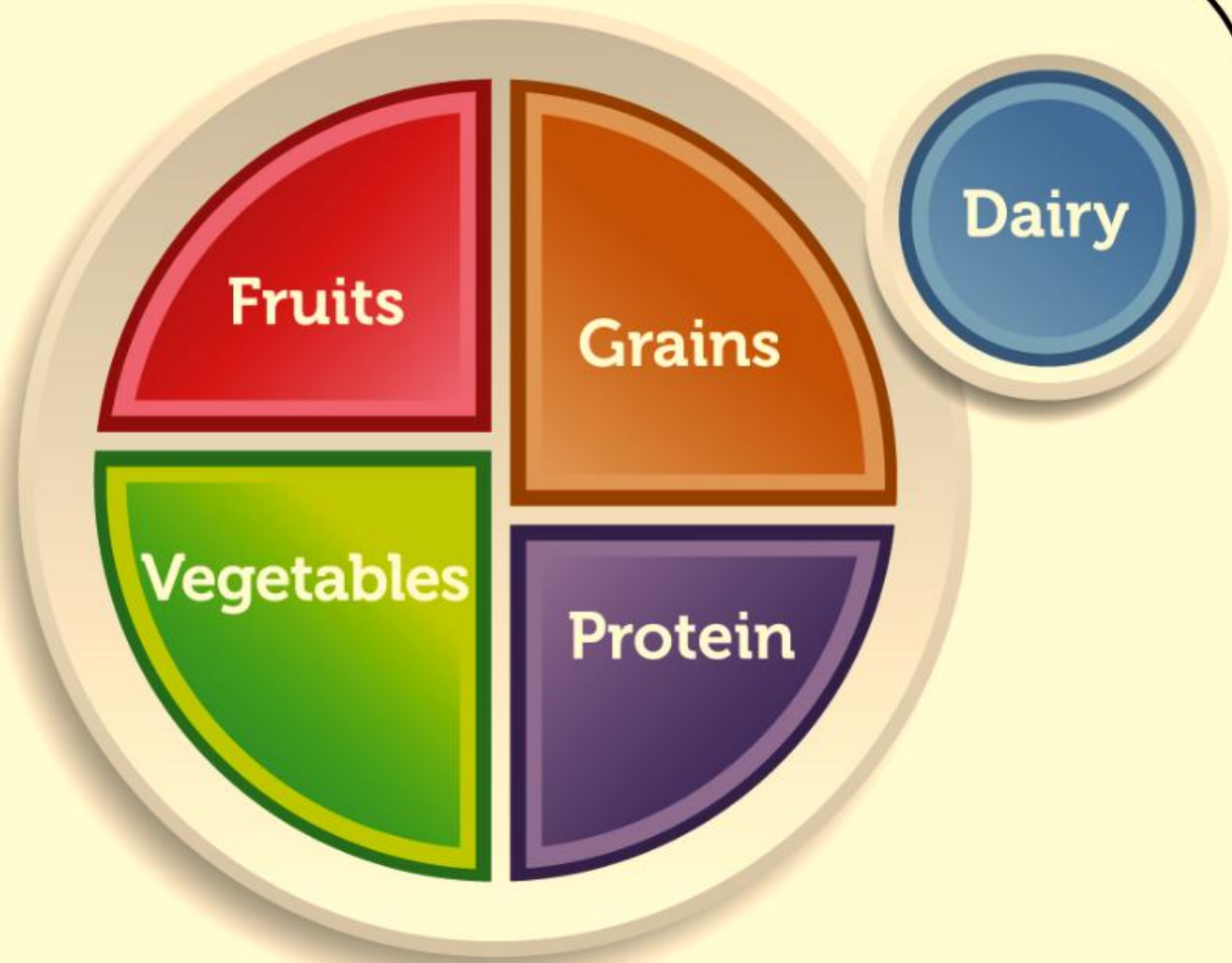




NURTURE

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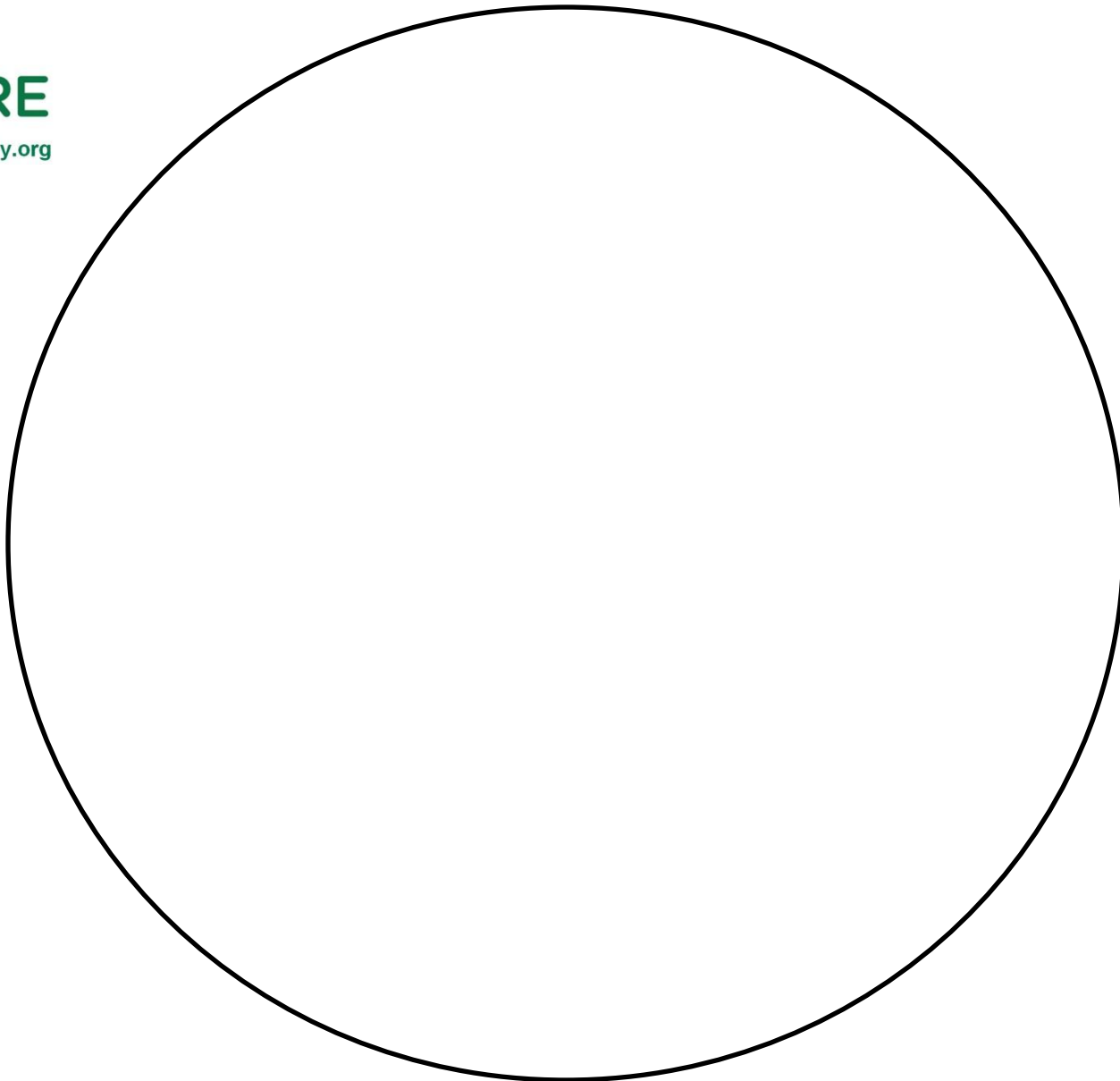
Choose **MyPlate**.gov

Revised August 2013



NURTURE

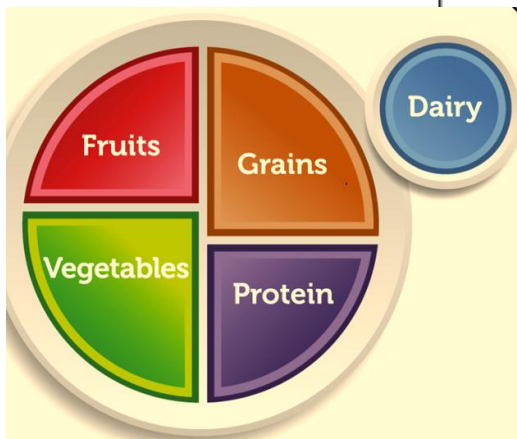
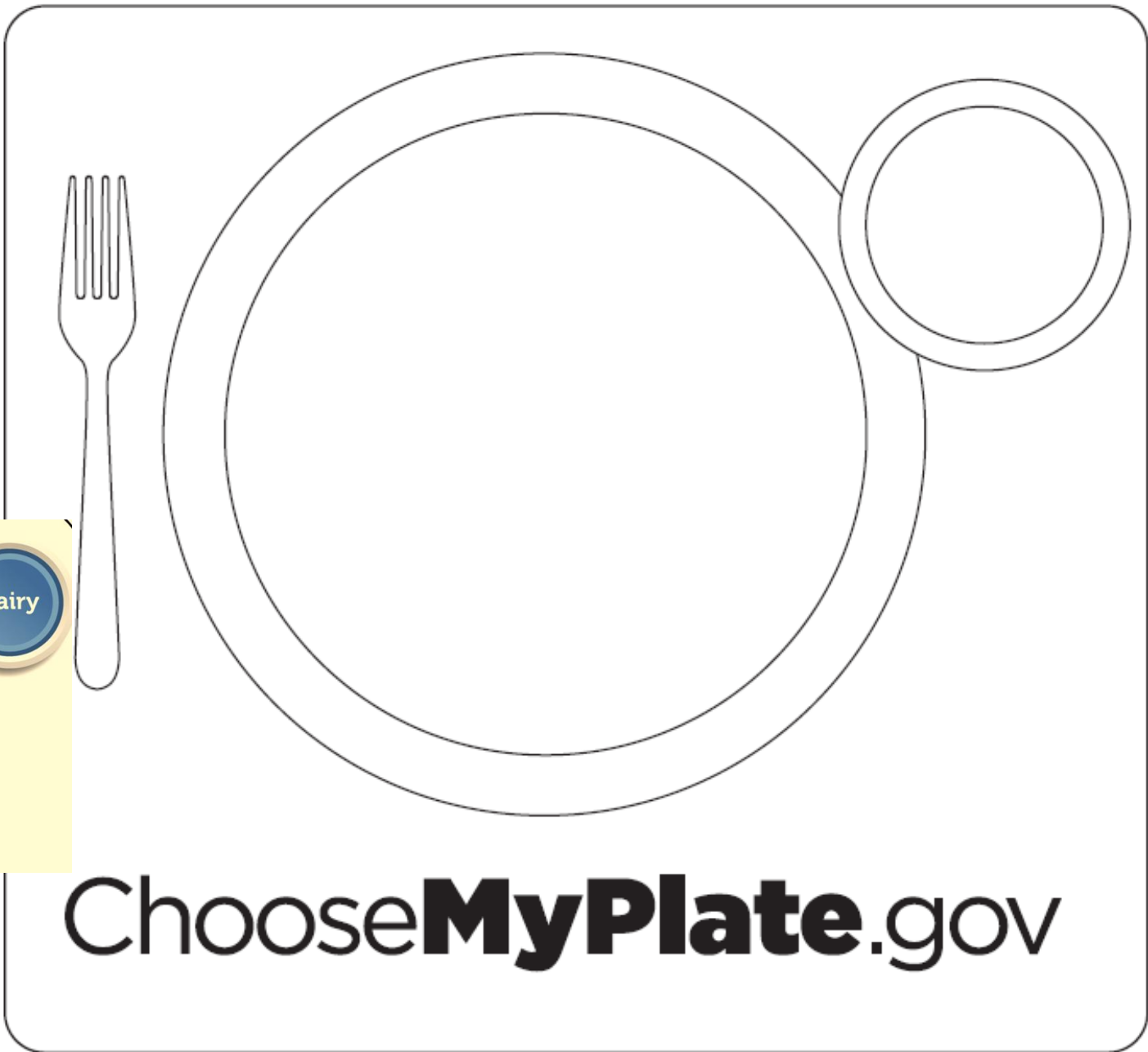
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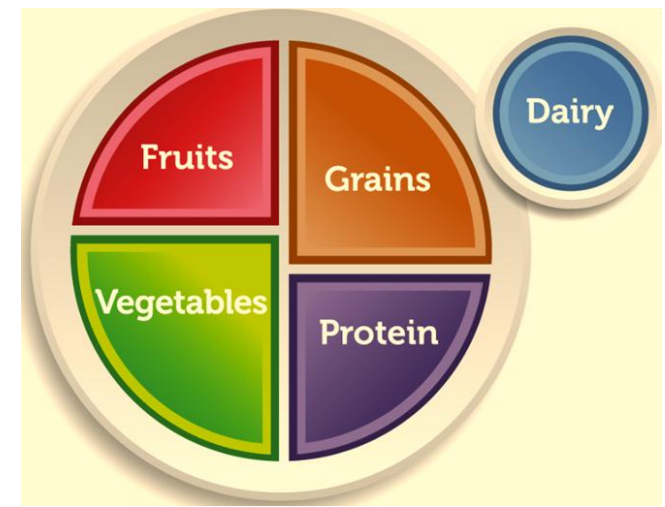
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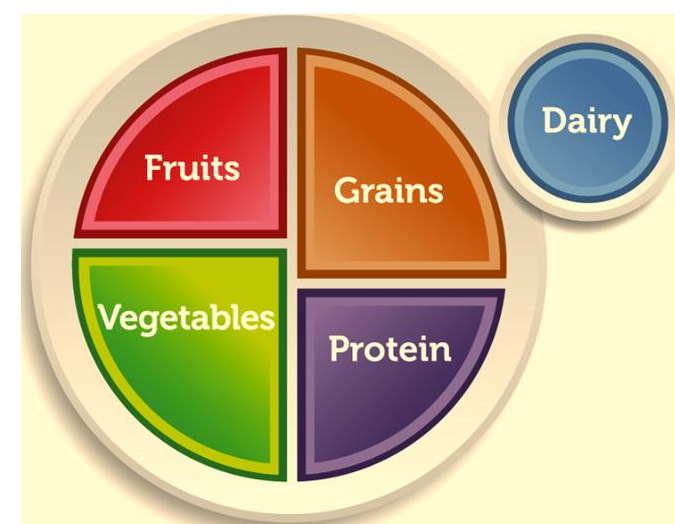
Vegetables



Avocado
Broccoli
Carrots
Celery
Lettuce
Peas
Peppers
Tomatoes



Fruits

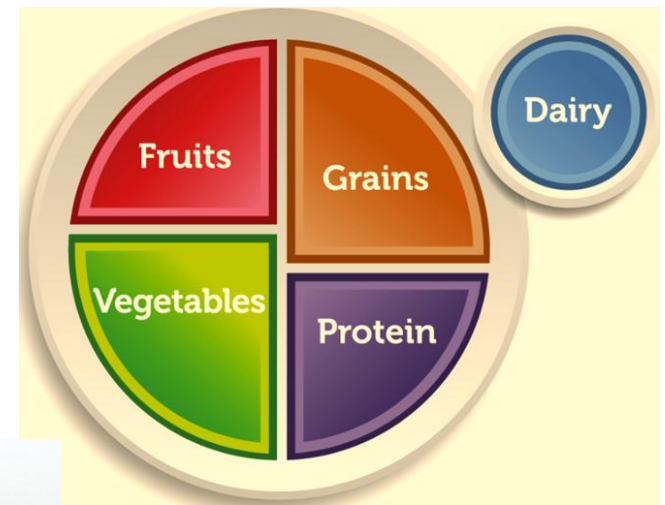


- Apple
- Bananas
- Blueberries
- Grapes
- Mango
- Orange
- Pear
- Pineapple
- Strawberries

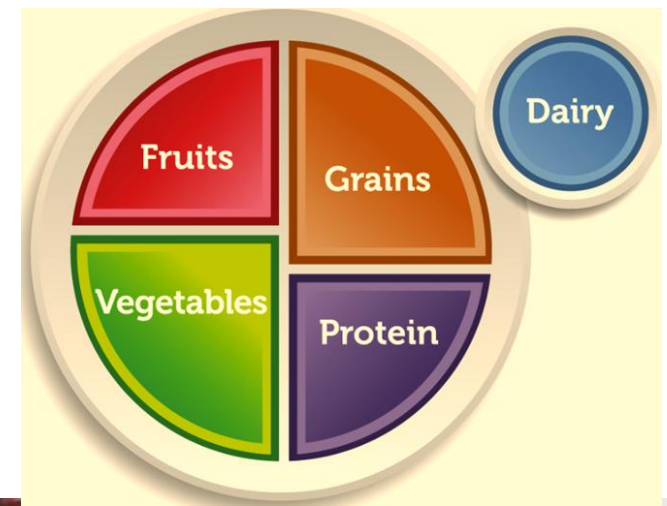


Grains and Whole Grains

Barley
Bread
Cereal
Crackers
Oatmeal
Pasta
Quinoa
Rice



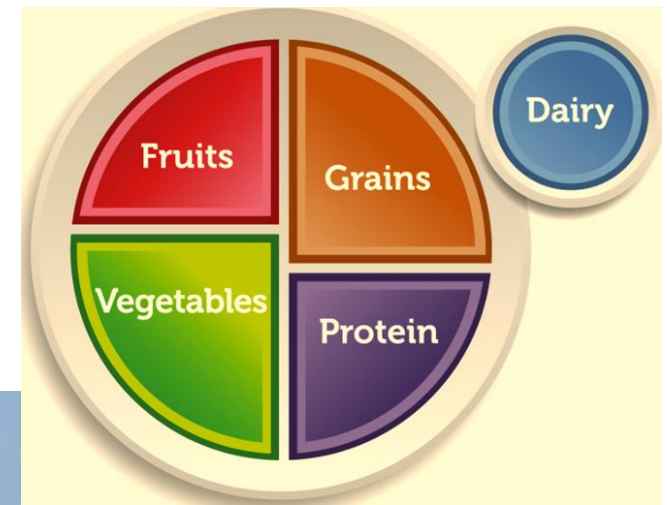
Proteins



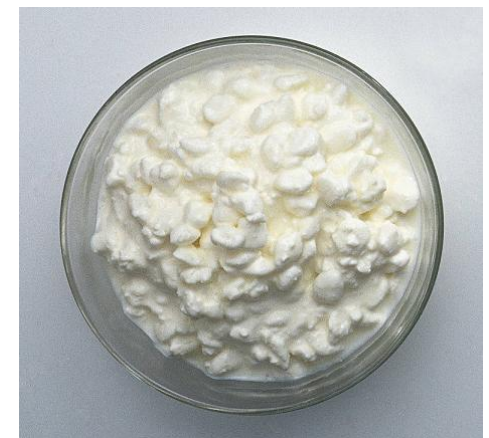
Beans
Beef
Chicken
Eggs
Fish
Lentils
Nuts
Pork
Seeds



Dairy



Cheese
Milk
Yogurt



Calcium Rich



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable



Tofu - Protein



Calcium Fortified Juice - Fruit