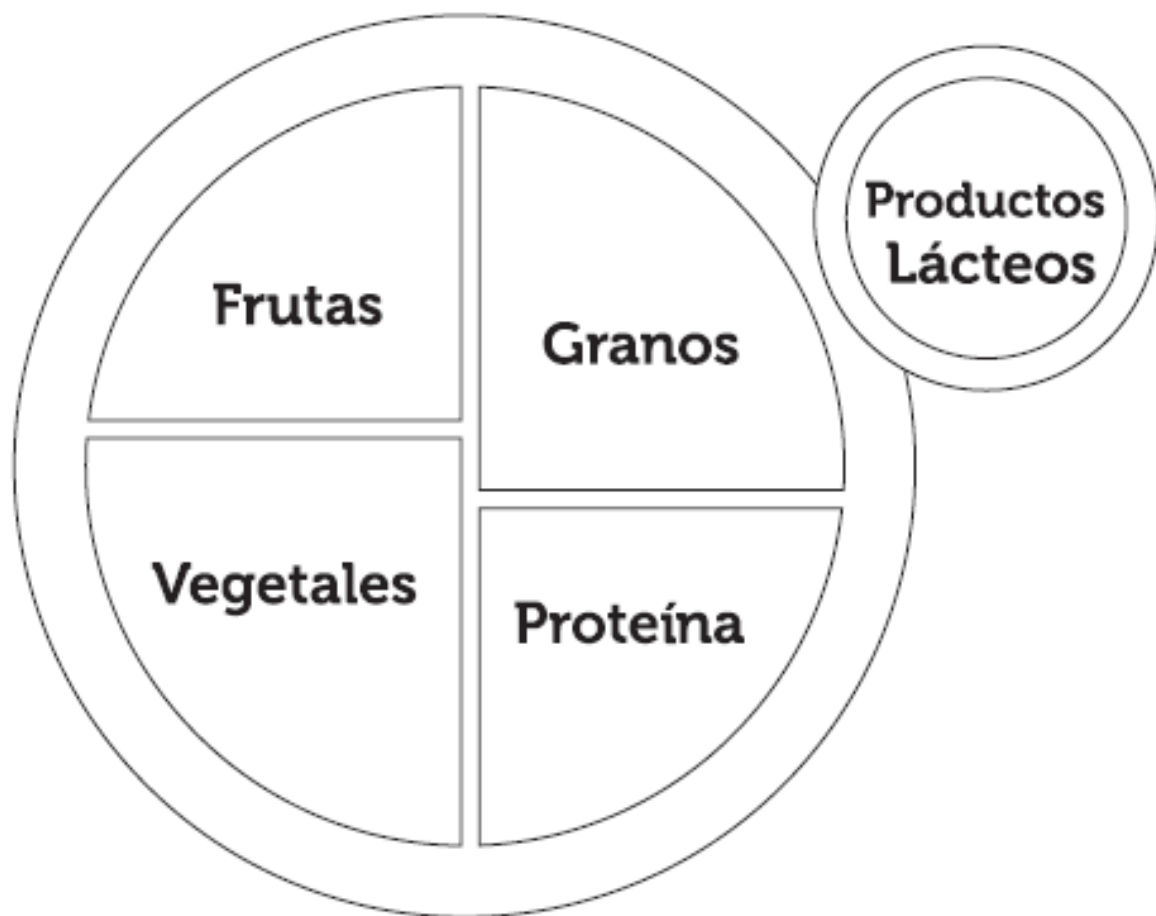


Choose **MyPlate**.gov



MiPlato
Choose **MyPlate**.gov



Add Veggies to Noodles

Añada Verduras a Fideos





Photo courtesy of Geoff Peters





Photo courtesy of Robert Bath



Tacos



Photo courtesy of norwichnuts

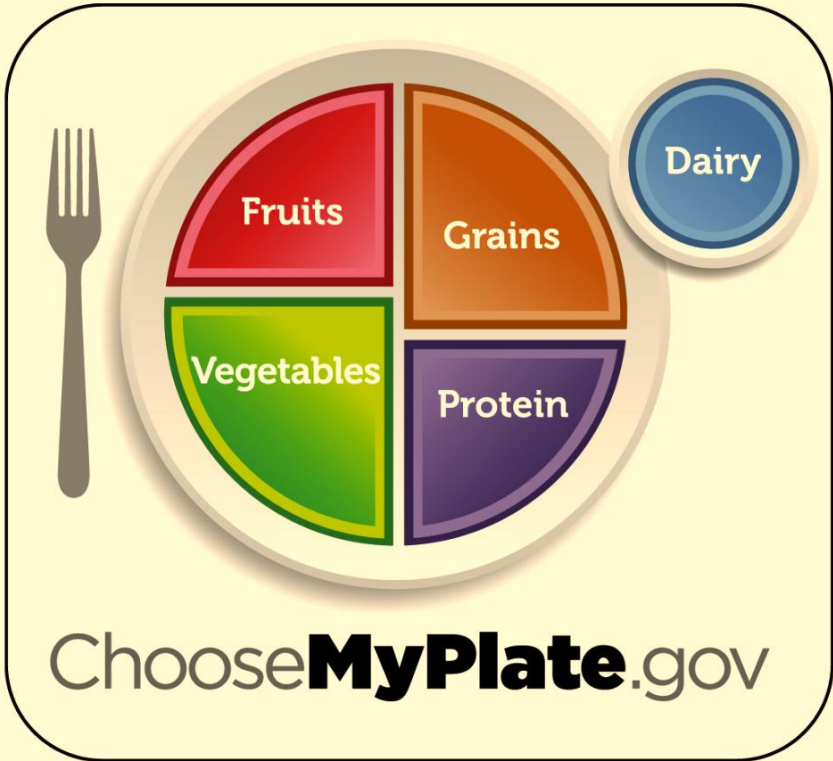




Photo courtesy of Time Anchor



Photo courtesy of London Chow



Photo courtesy of Neil Conway