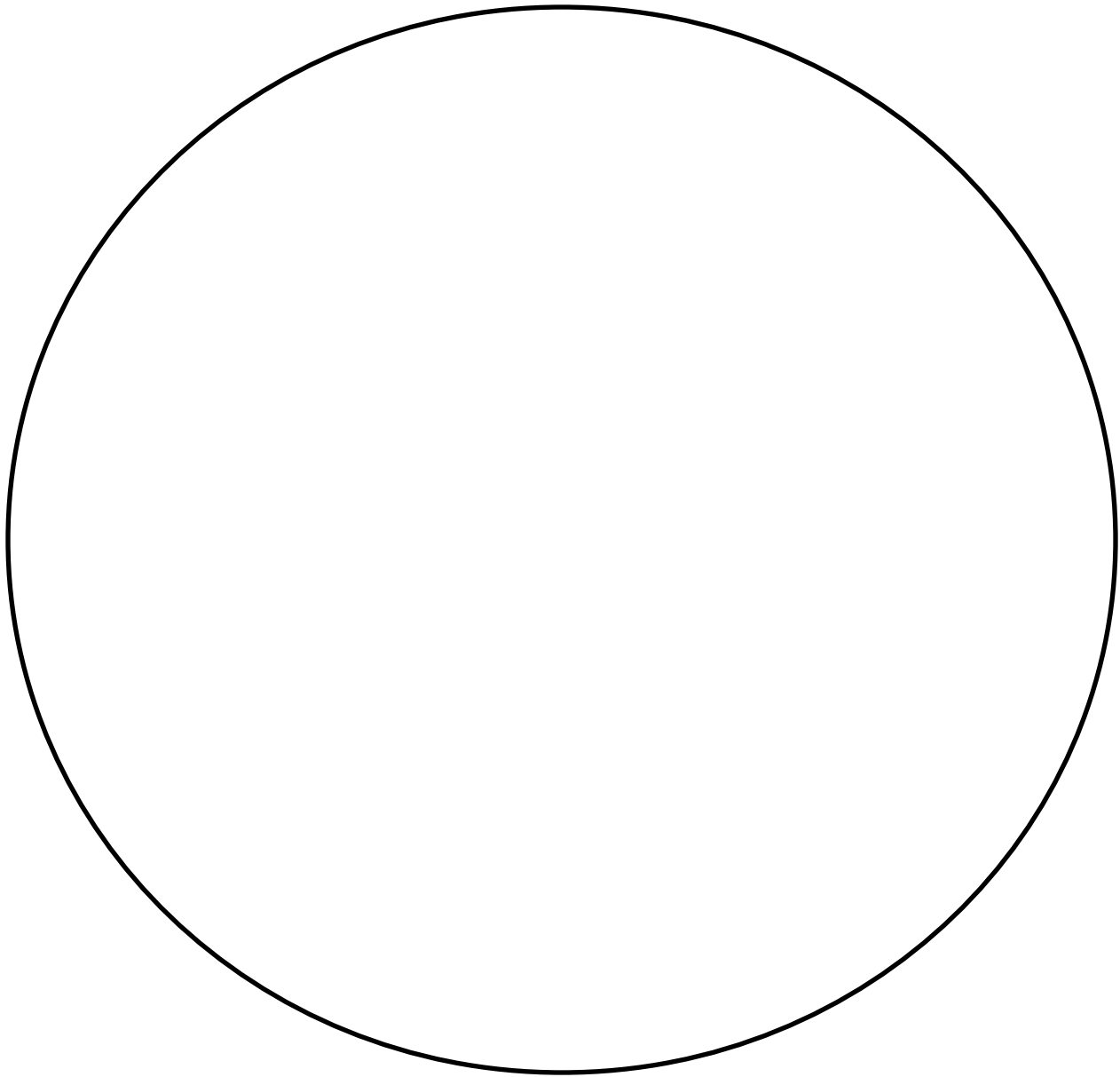
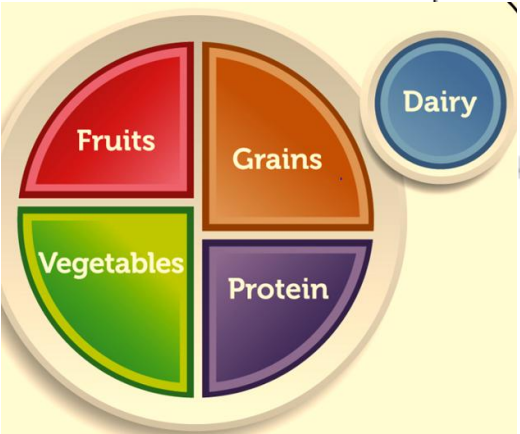
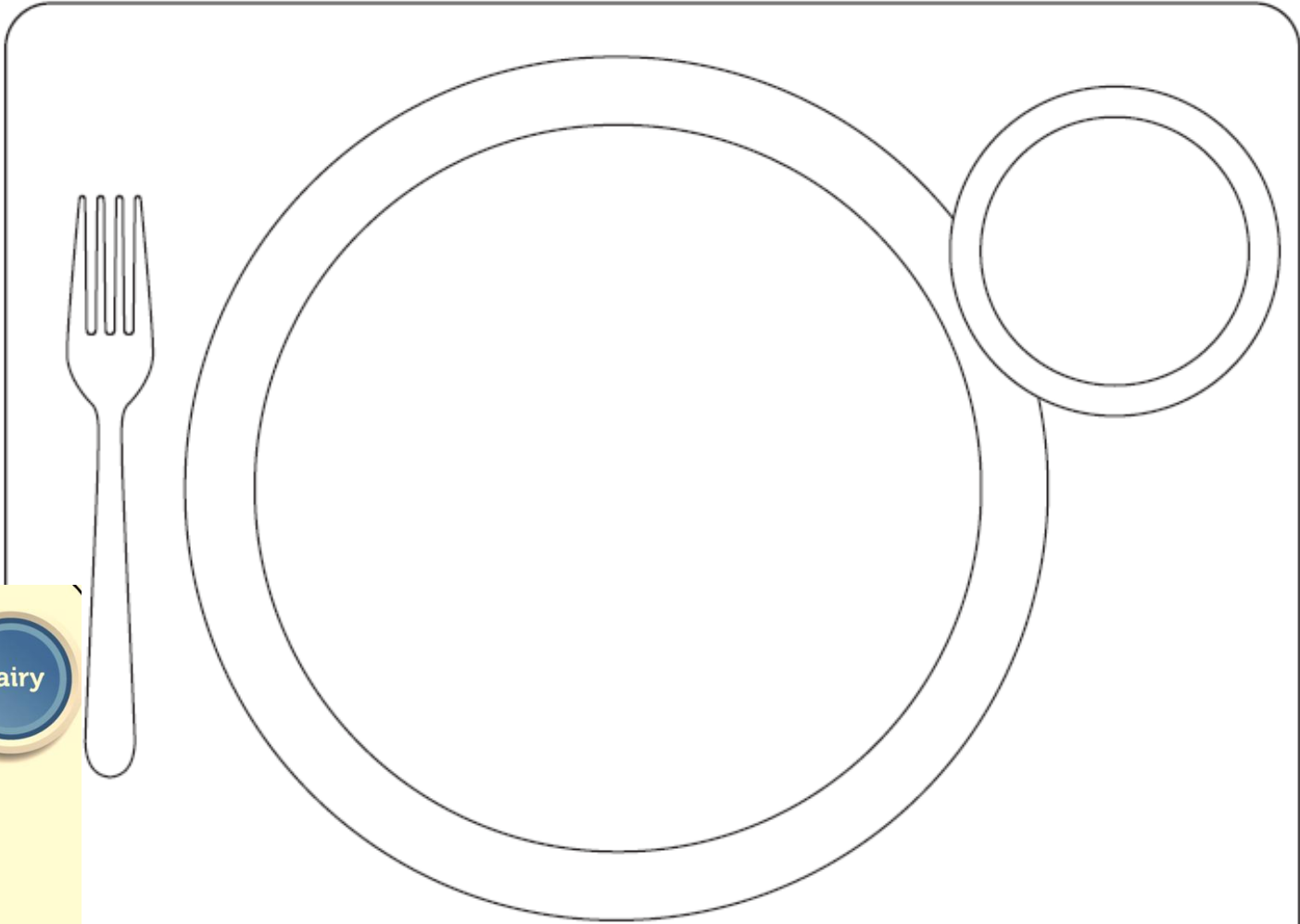


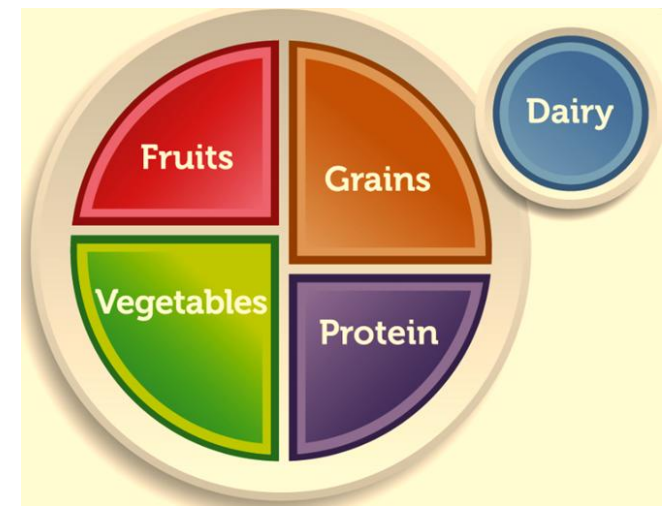
Choose **MyPlate**.gov





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Vegetables

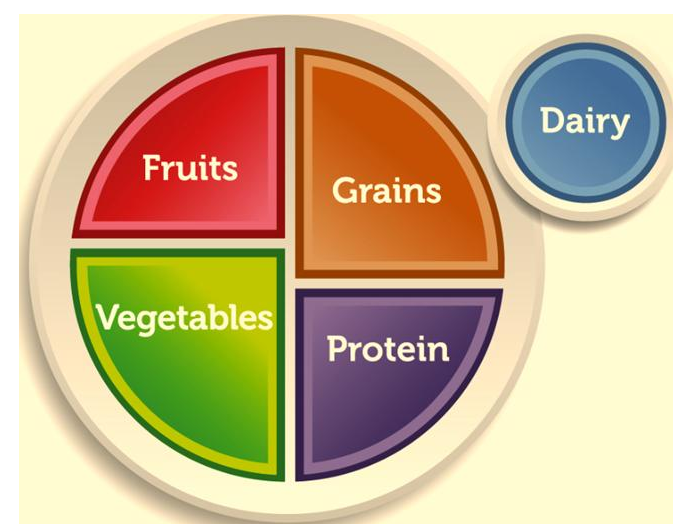


Avocado
Broccoli
Carrots
Celery
Lettuce
Peas
Peppers
Tomatoes



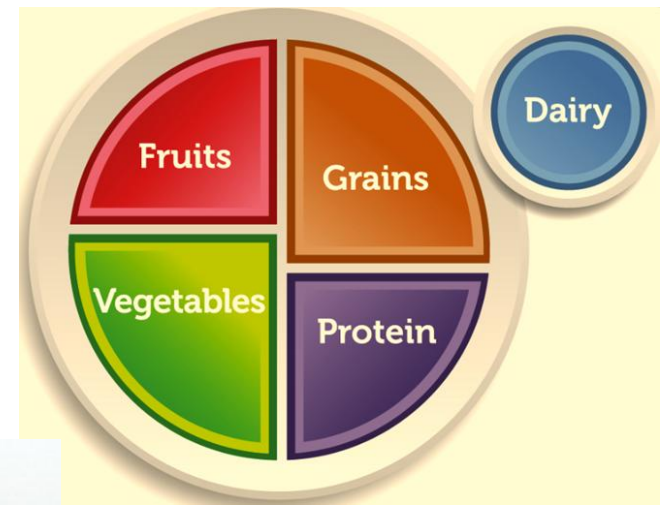
Fruits

Apple
Bananas
Blueberries
Grapes
Mango
Orange
Pear
Pineapple
Strawberries



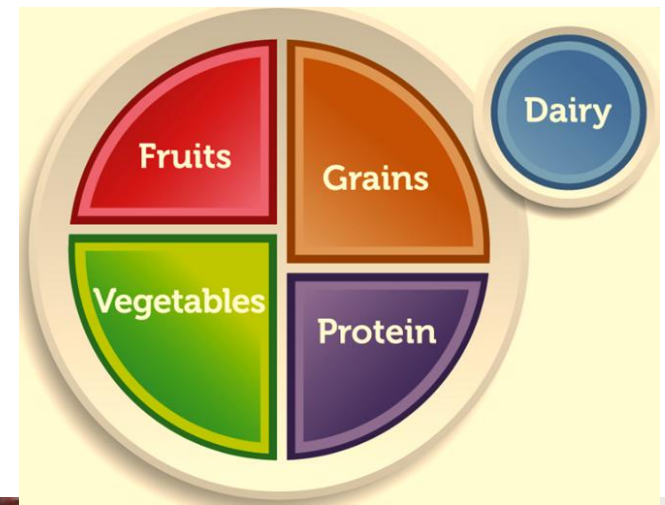
Grains and Whole Grains

Barley
Bread
Cereal
Crackers
Oatmeal
Pasta
Quinoa
Rice

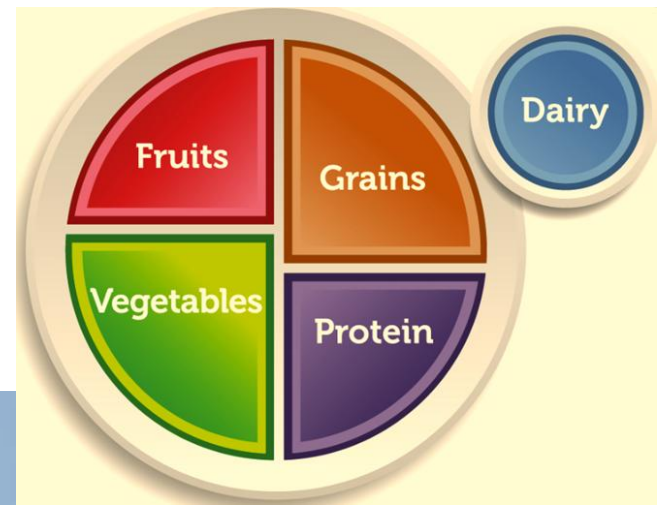


Proteins

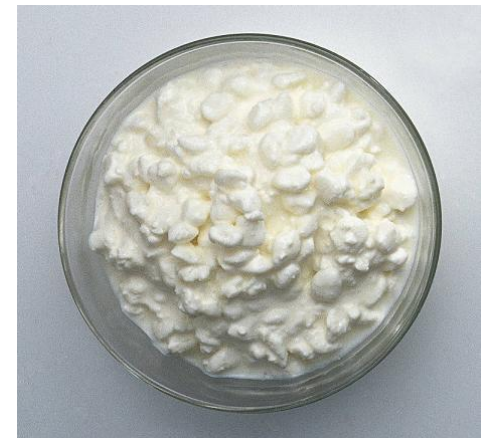
Beans
Beef
Chicken
Eggs
Fish
Lentils
Nuts
Pork
Seeds



Dairy



Cheese
Milk
Yogurt



Calcium Rich



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable



Tofu - Protein



Calcium Fortified Juice - Fruit