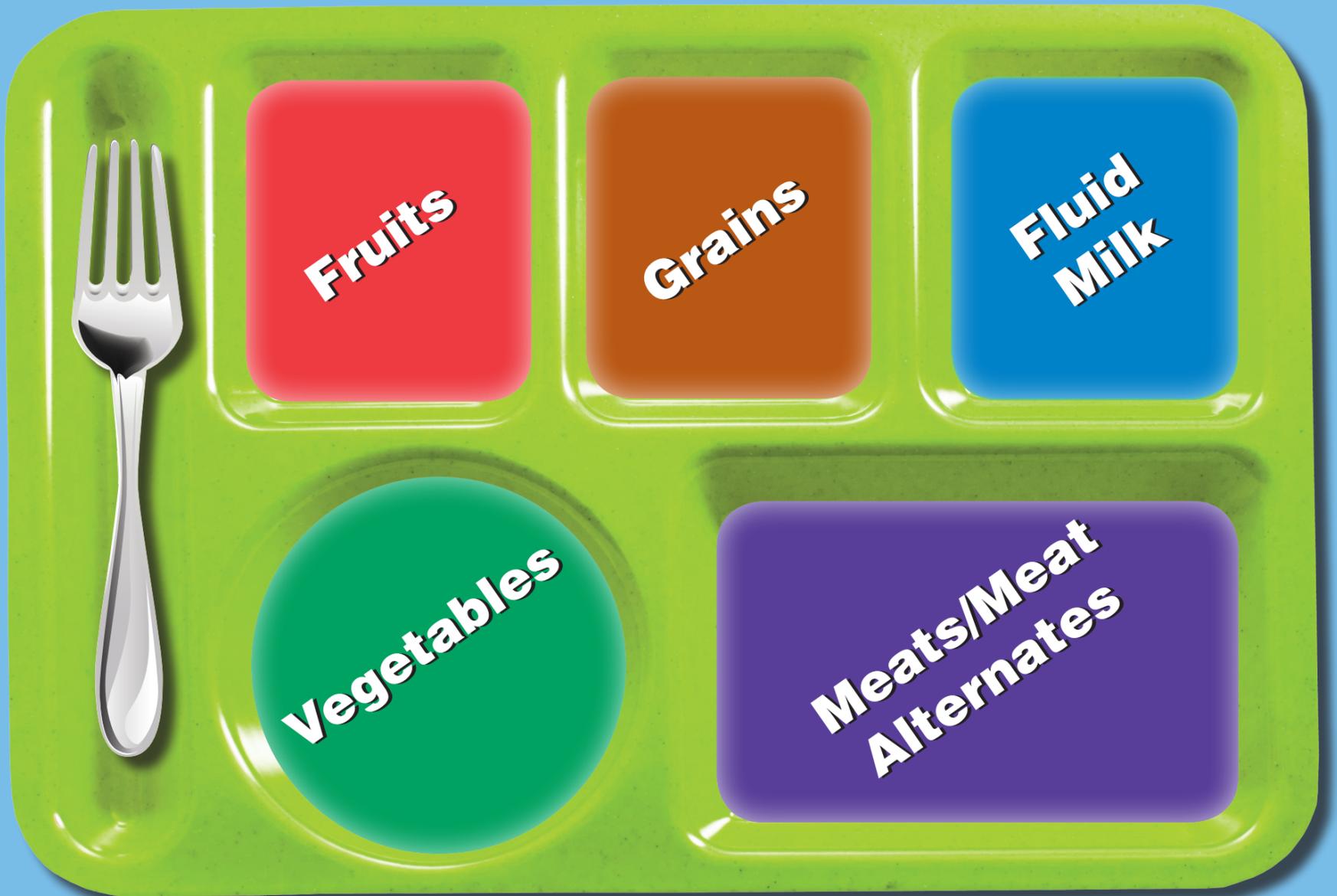


# Build a Healthy Meal

Every meal needs a **FRUIT** or a **VEGETABLE** to make it complete!



## Choose Three

Fruits	Vegetables	Meats/Meat Alternates	Grains	Milk

## Choose Four

Fruits	Vegetables	Meats/Meat Alternates	Grains	Milk

## Or Choose

Fruits	Vegetables	Meats/Meat Alternates	Grains	Milk

**ALL Five!**

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