CREATE A MEAL

Take at least **3** food groups to create a meal

1. Select a 1/2 cup of **Fruit** or **Vegetable** (or both)

2. Pick at least two other food groups, such as: **Whole Grains, Lean Protein**, or **a serving of Milk**

3. Take a **minimum of 3 food groups** and a **maximum of 5**

MEAL EXAMPLES

Fruit + Whole Grain & Lean Protein = **MEAL**

Vegetables + Fruit + Milk = **MEAL**

Fruit + Whole Grain & Lean Protein = **MEAL**

Fruit + Vegetables + Whole Grain & Lean Protein = **MEAL**

Whole Grain & Lean Protein + ⊘ + Milk = **NOT A MEAL**
(no fruit or vegetable)

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