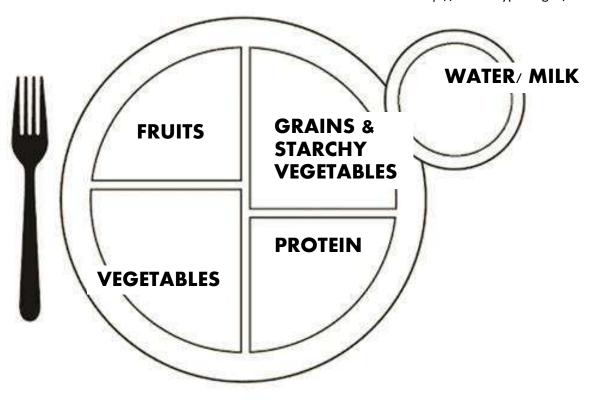


My Plate

http://www.myplate.gov/



Fruits & Non-Starchy Vegetables

Grains and Starchy Vegetables
Proteins