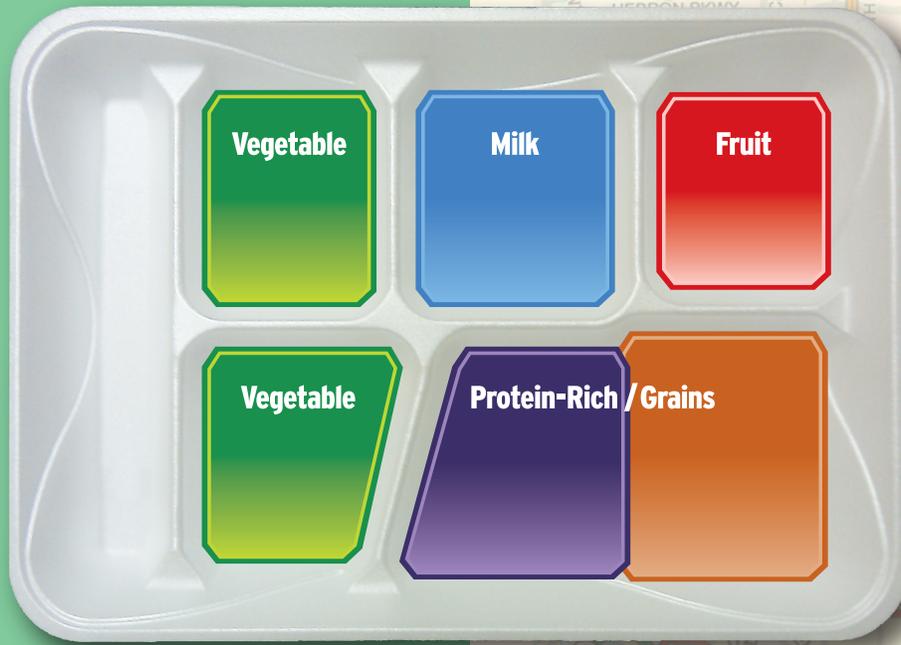


Map Out a Healthy Lunch



Select

3
to
5

Food Groups



Start with

• **Vegetables**

(May take 2)

and/or

• **Fruits**

(May take 2)

Then Add

• **Protein-Rich /**

• **Grains**

• **Milk**

