



LIST YOUR MENU ITEMS USING THE TIPS BELOW:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

 **TIPS FOR YOUR MENU:**

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

FLIP OVER TO DRAW YOUR MENU! 

DRAW YOUR MENU!

