**MyPlate**

List the key consumer message for each food group, list suggestions in the boxes below

**Grains:**

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|  |

**Protein:**

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| --- |
|  |
|  |
|  |

**Vegetables:**

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| --- |
|  |
|  |

**Fruits:**

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| --- |
|  |
|  |

**Dairy:**

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| --- |
|  |

Fill in the number of servings **YOU** need daily, color each food group the correct color.

|  |  |
| --- | --- |
| **Food Group** | **Amount** |
| Grains |  |
| Protein |  |
| Vegetables |  |
|  Fruits |  |
| Dairy |  |