

Look how easy it is to make half your plate fruits & veggies!



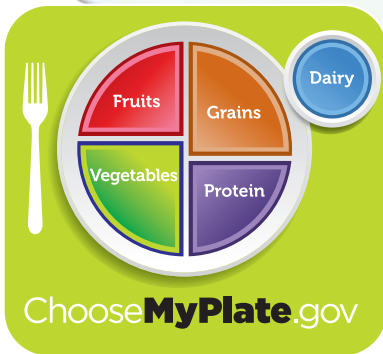
Pack your sandwich with veggies.



Add veggies to grains for a great side dish.



Add veggies to make a tasty soup.



Choose **MyPlate**.gov

MyPlate encourages you to divide your plate into 4 parts:
1/4 protein, 1/4 grains,
1/2 fruits and vegetables.



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NOODLE SOUP

800-795-9295
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From the Adult Lunch
Food Pad #1262