



**EATING HEALTHY IS**

**GOOD FOR ME AND YOU**

Enlarge images



**SOMETIMES**

**FOODS**

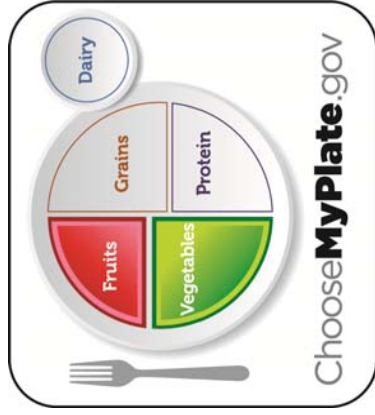
**NUTRIENTS**

**NUTRIENTS**



# VITAMINS & MINERALS

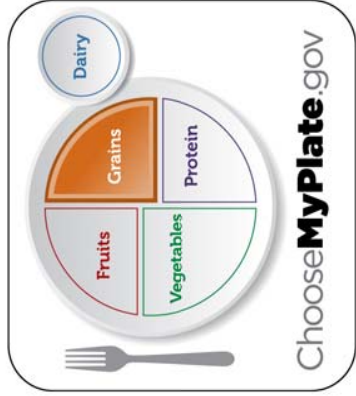
Provide shiny hair  
and sparkly eyes





# CARBOHYDRATES

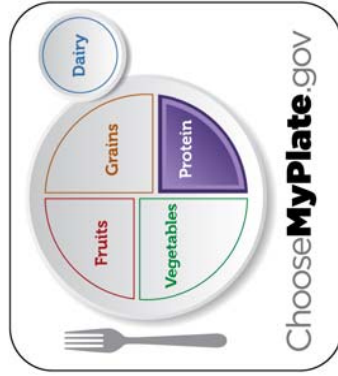
Provide energy to  
work, play, and exercise





# PROTEIN

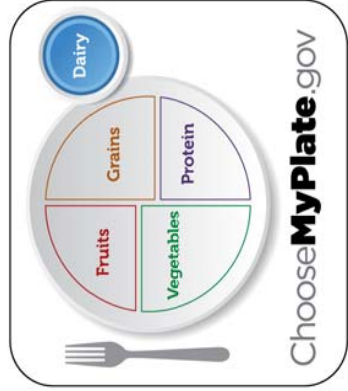
## Helps you grow and build muscles



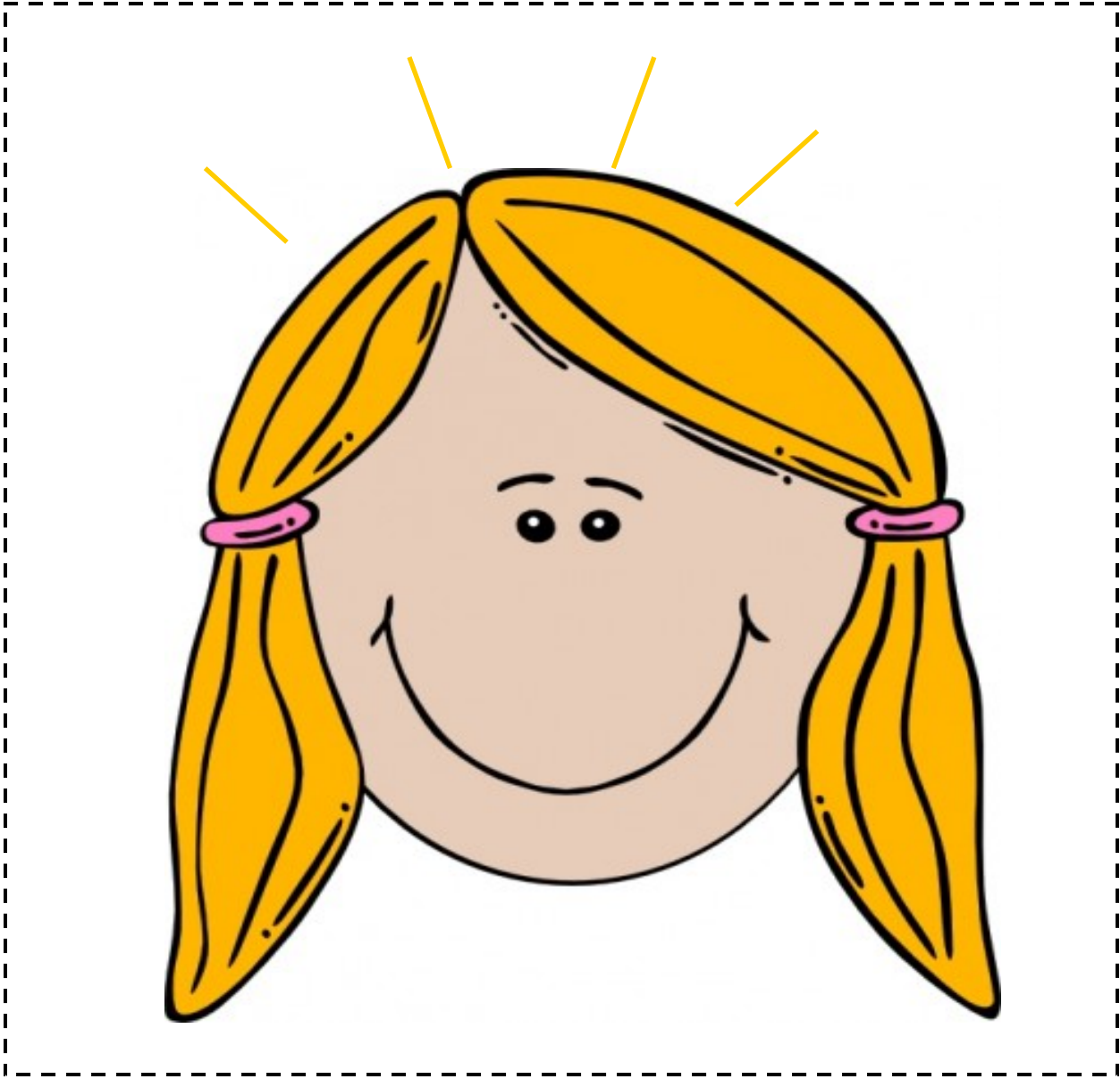


# CALCIUM

## Helps build strong bones and teeth



# Vitamins & Minerals



# Carbohydrates



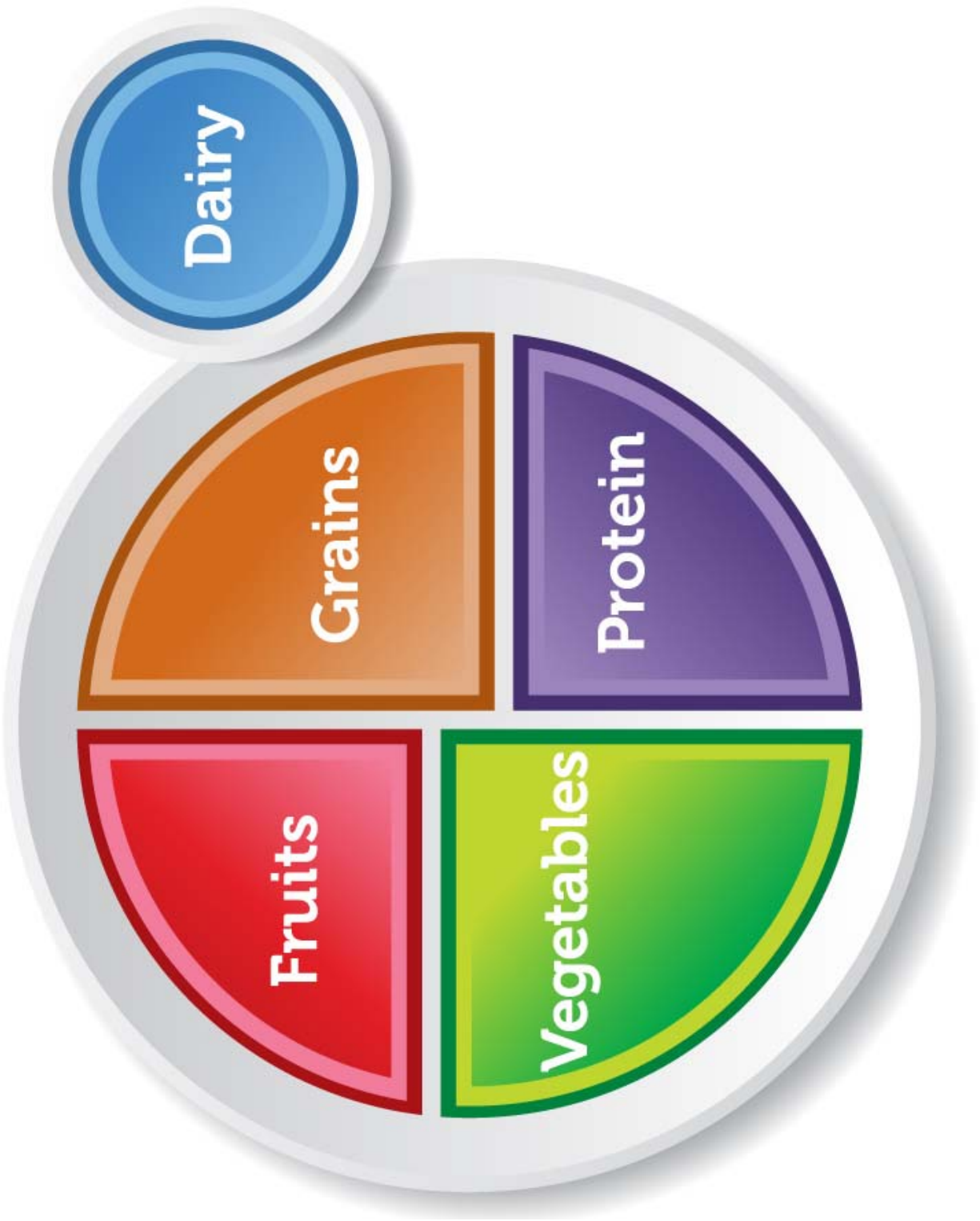
# Protein



# Calcium



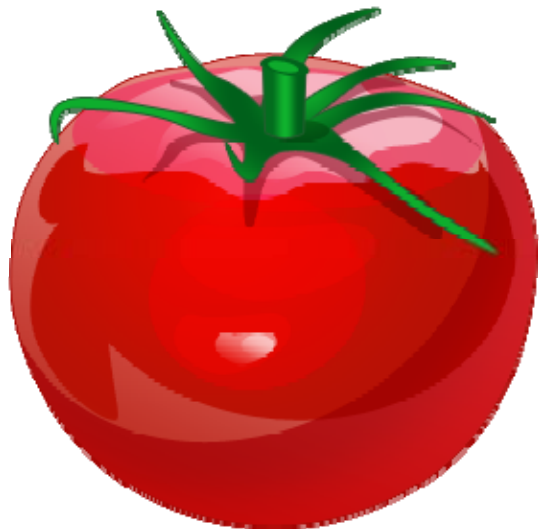
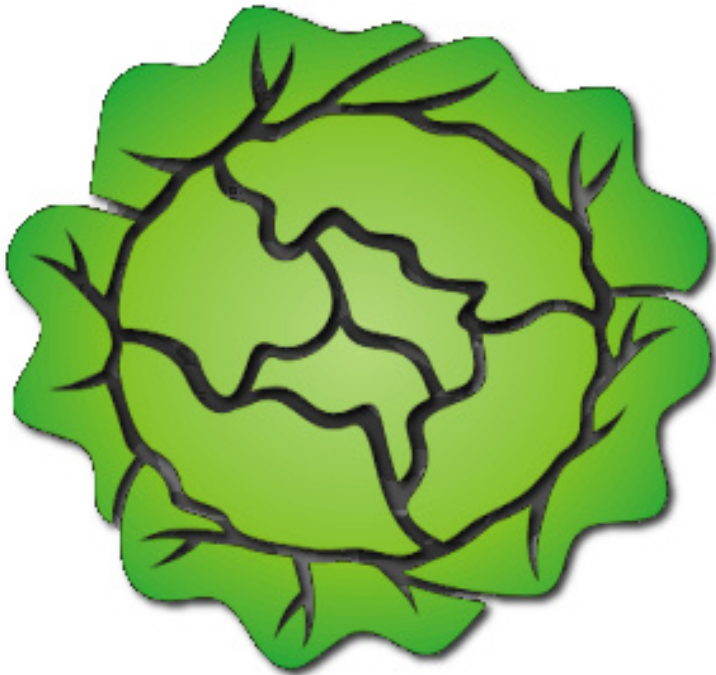
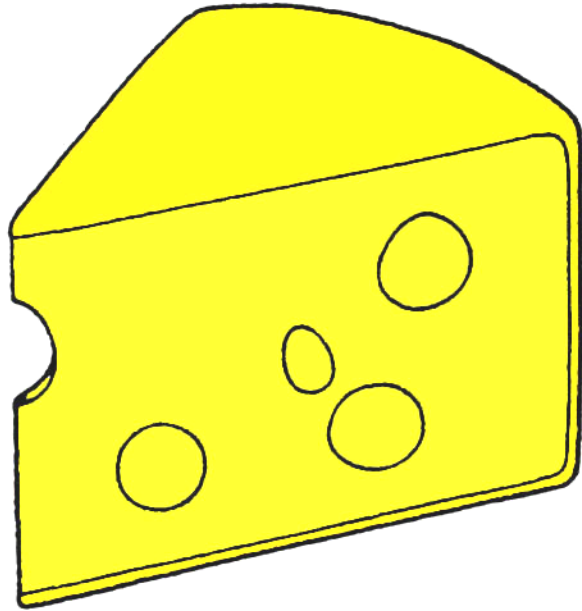
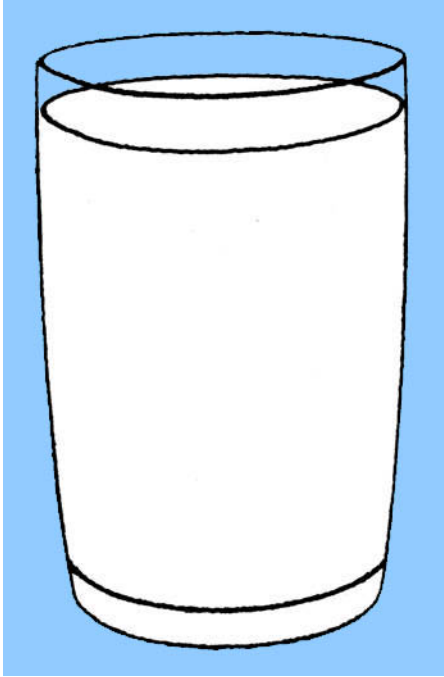
# MyPlate



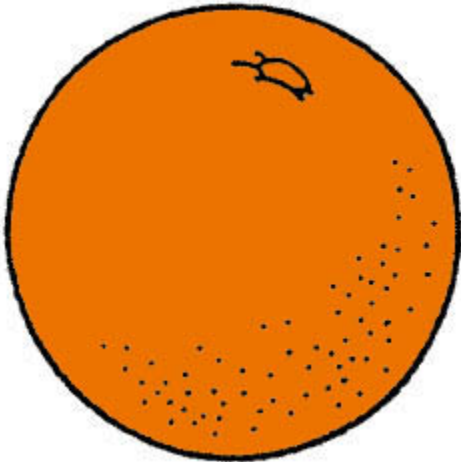
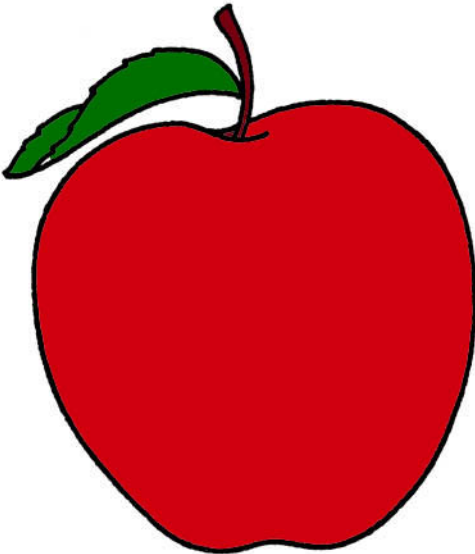
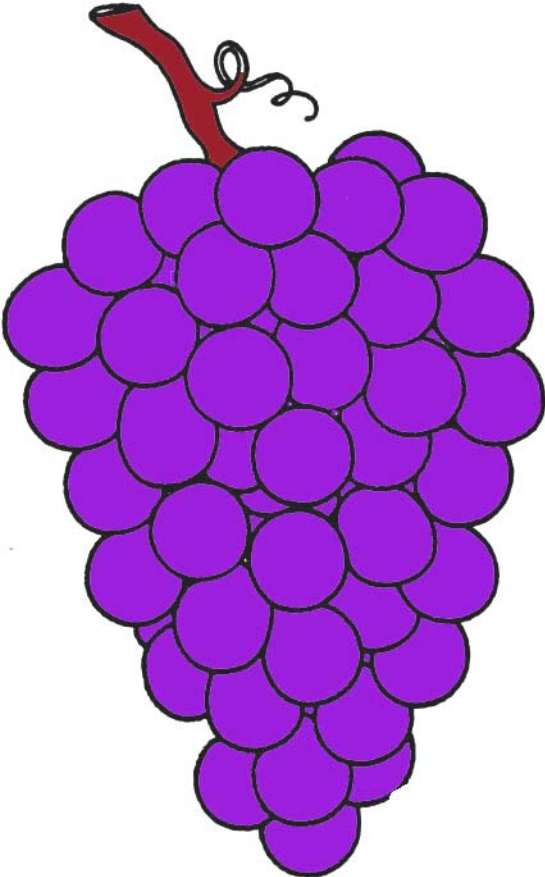
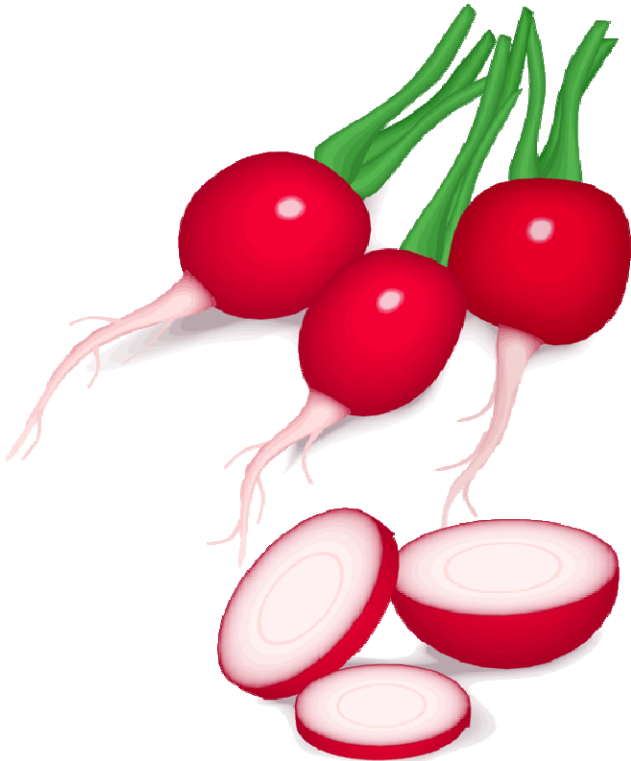
Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)

Enlarge image

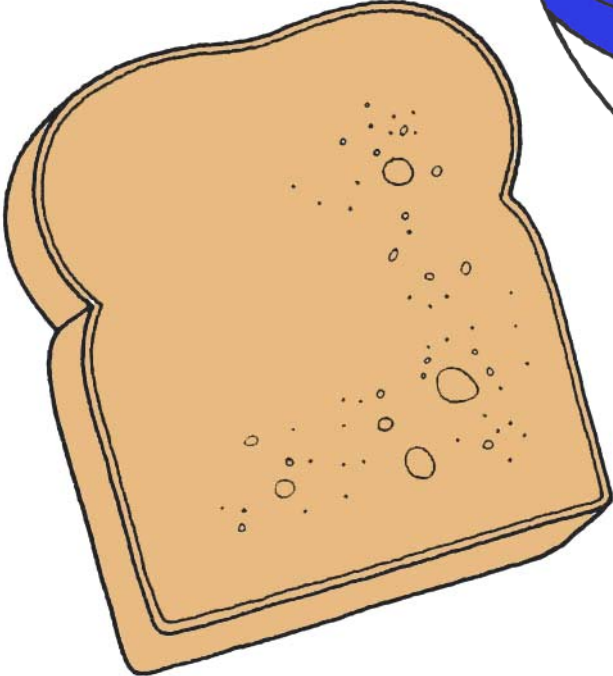
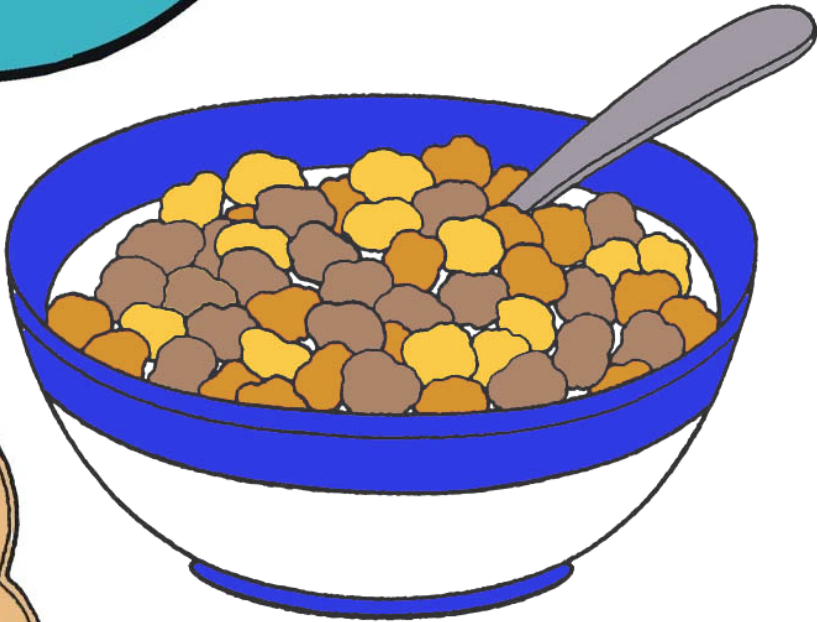
# Food Models



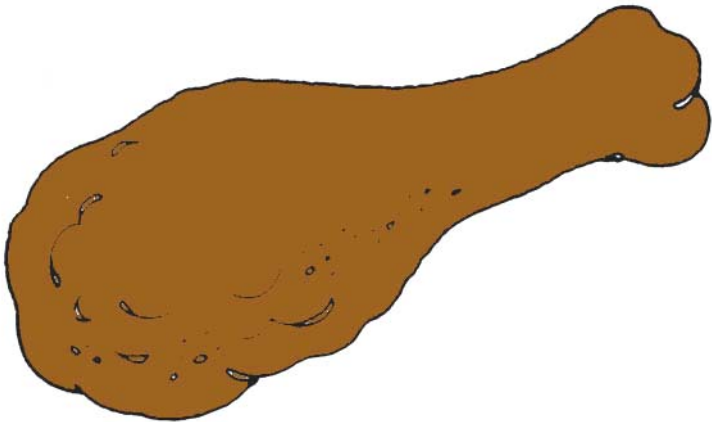
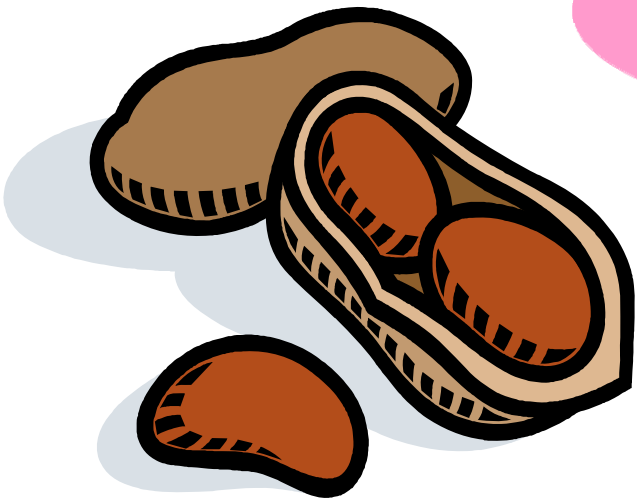
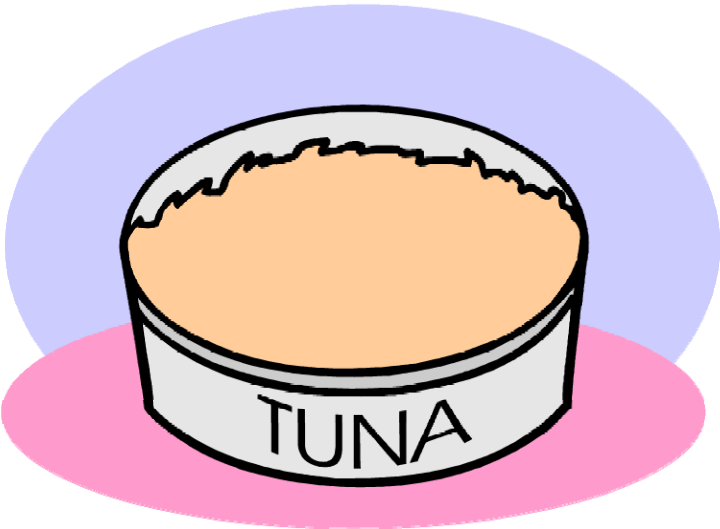
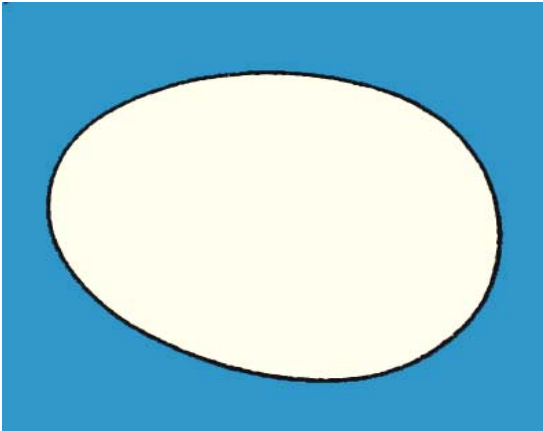
# Food Models



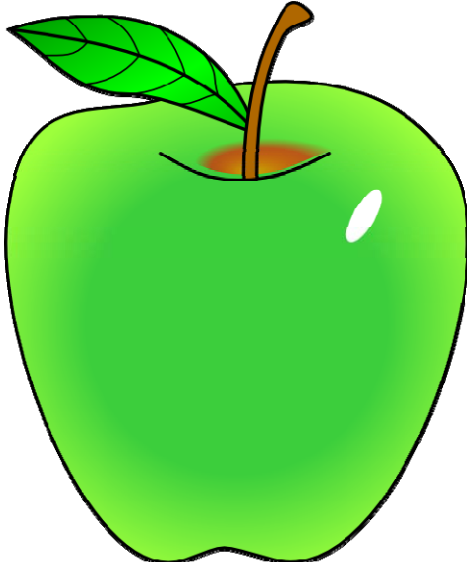
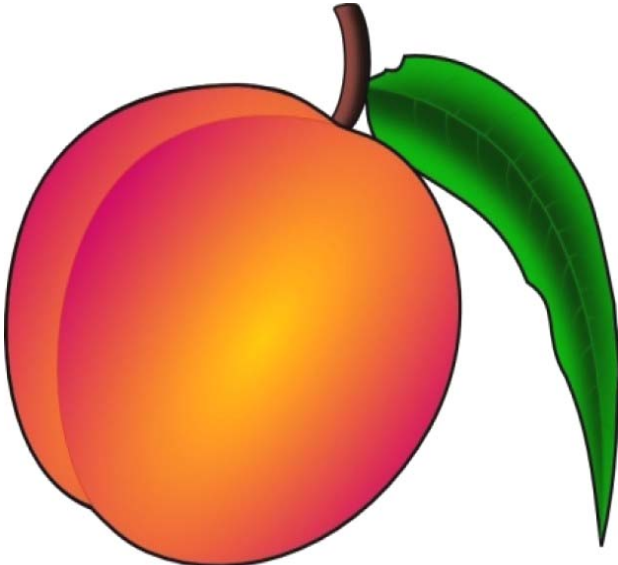
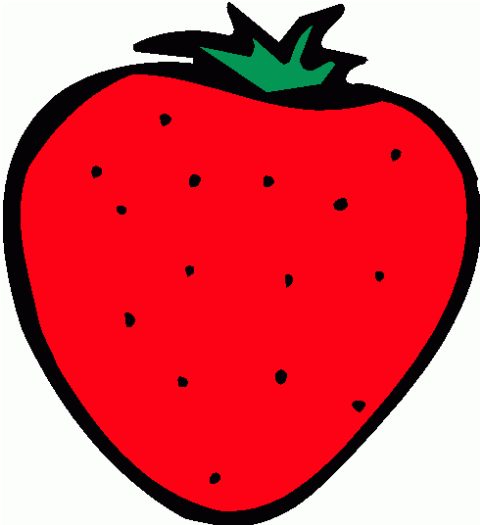
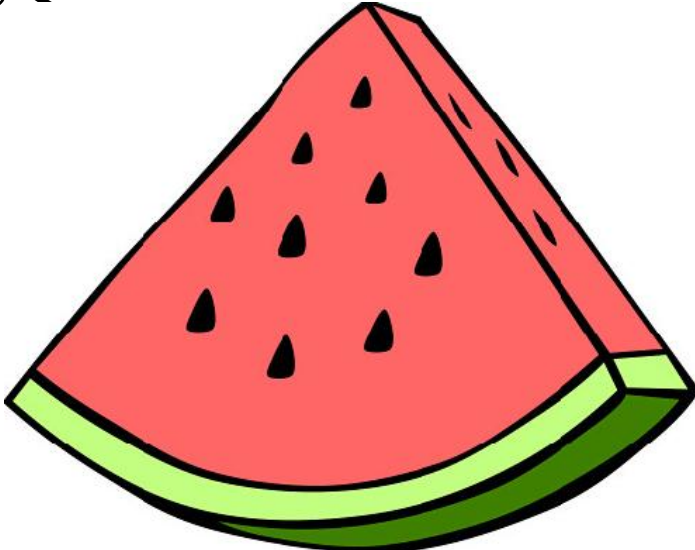
# Food Models



# Food Models



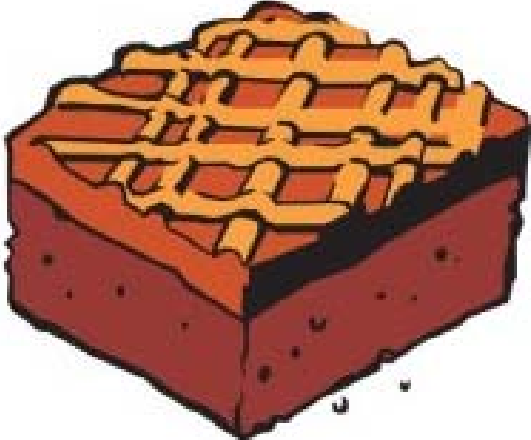
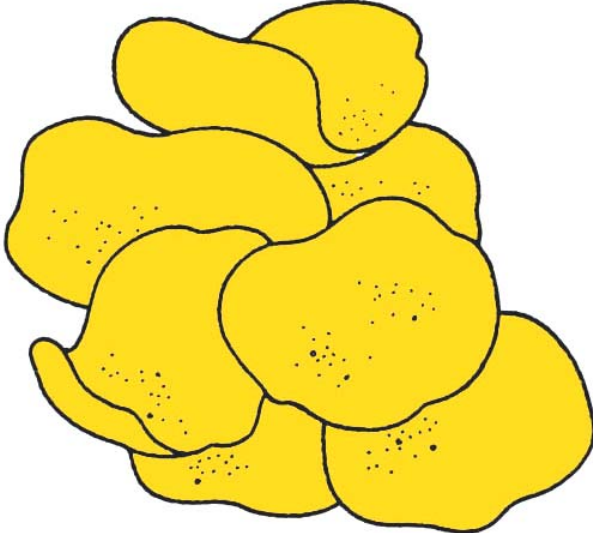
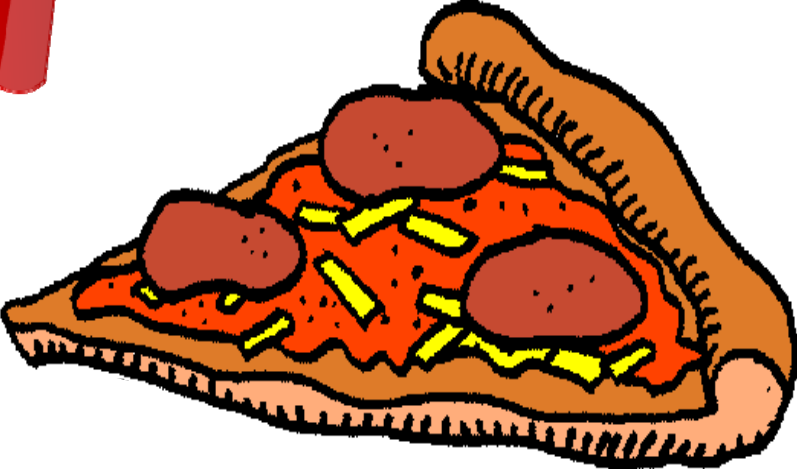
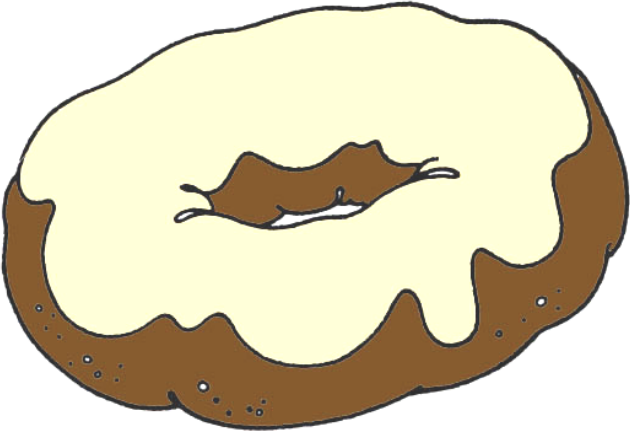
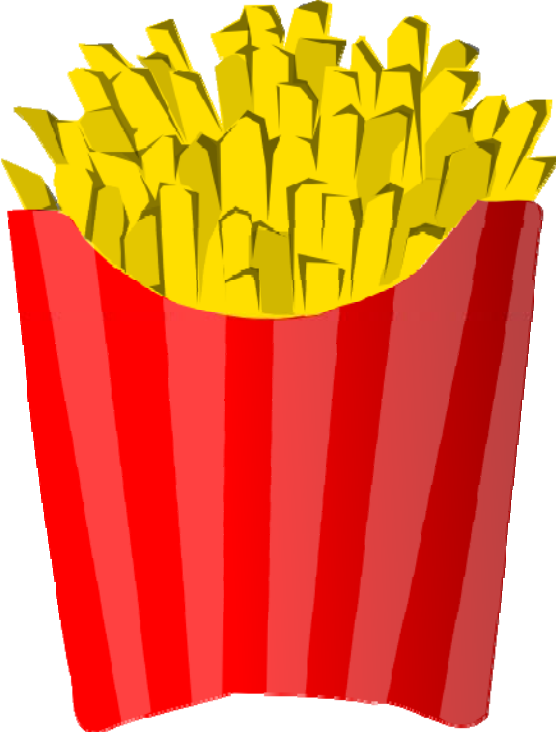
# Food Models



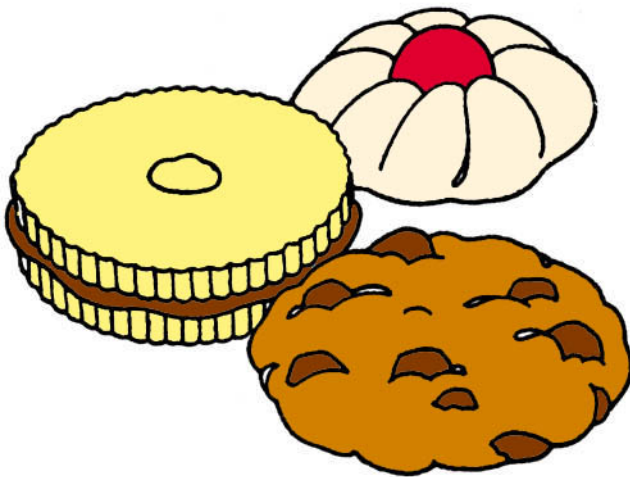
# Food Models



# Sometimes Food Models



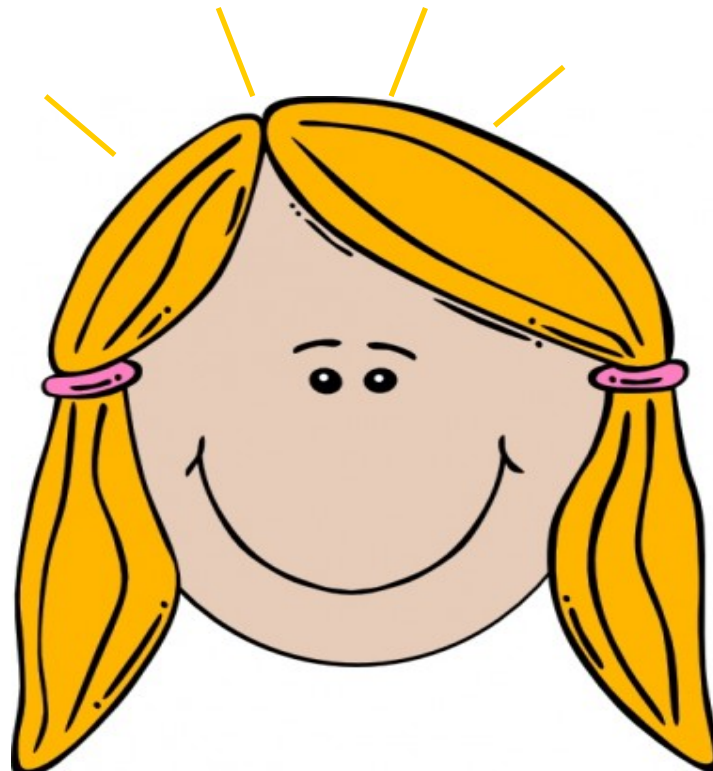
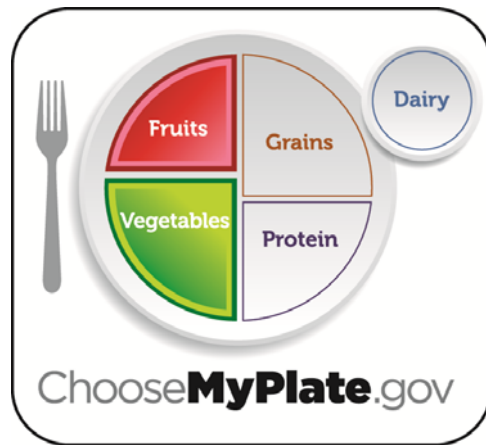
# Sometimes Food Models



## Nutrient Information Card

# VITAMINS & MINERALS

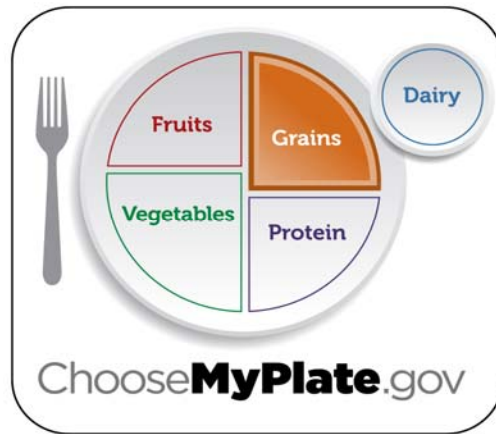
Provide shiny hair  
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## Nutrient Information Card

# CARBOHYDRATES

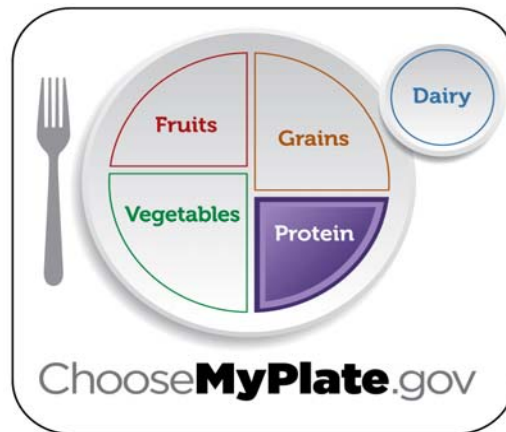
Provide energy to  
work, play, and exercise



# Nutrient Information Card

## PROTEIN

Helps you grow  
and build muscles



# Nutrient Information Card

## CALCIUM

Helps build strong  
bones and teeth

