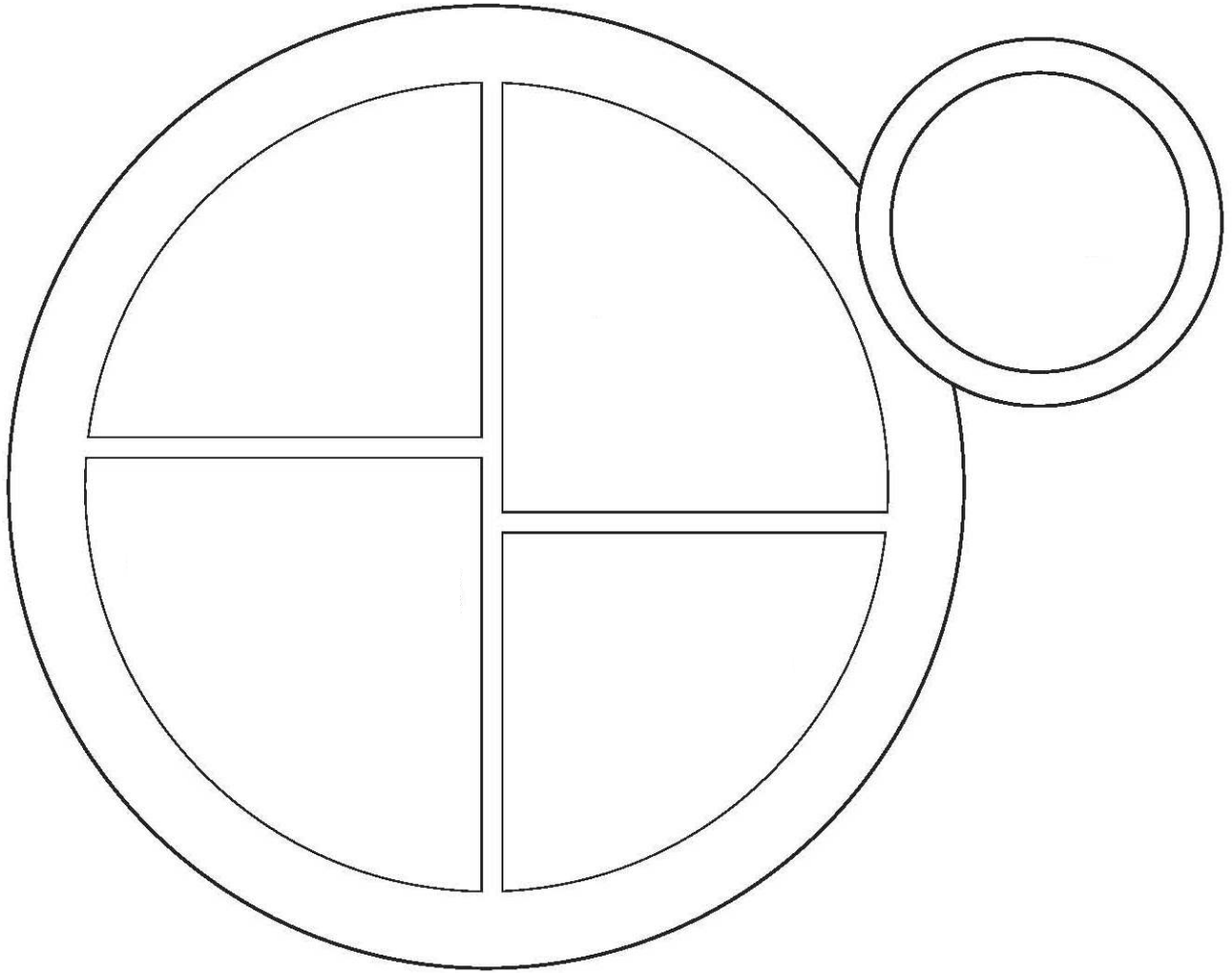


Blank MyPlate



Source: www.choosemyplate.gov

Enlarge image