## HOW TO CHOOSE A BALANCED MEAL:

ALWAYS CHOOSE A FRUIT OR VEGETABLEI

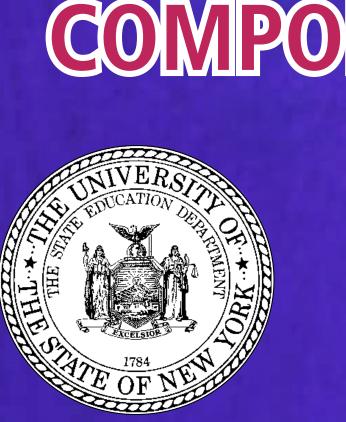
COMPONENTS

**Meat / Meat Alternative** Vegetable Grain

CHOOSE / COMPONENTS

Meat/ **Low Fat Milk Meat Alternative** Vegetable TO OPEN > Grain

OR CHOOSE. COMPONENTS



Meat/ **Low Fat Milk Meat Alternative** Vegetable TO OPEN > Grain **Fruit**