## HOW TO CHOOSE A BALANCED MEAL: ALWAYS CHOOSE A FRUIT OR VEGETABLEI

Fruit

Vegetable

CHOOSE COMPONENTS

Vegetable

**Meat / Meat Alternative** 

OR

CHOOSE / COMPONENTS

**Meat / Meat Alternative Low Fat Milk** Vegetable Grain

CH005E COMPONENTS

**Meat / Meat Alternative** Low Fat Milk

Grain



**Low Fat Milk** 

