Create A Meal
Take at least 3 food groups to create a meal

- Start with a Fruit or Vegetable (or both)
- Add some other foods like: Whole Grain, Lean Protein, and a serving of Milk
- Take a minimum of 3 food groups and a maximum of 5

MEAL EXAMPLES

Fruit + Whole Grain and Lean Protein = MEAL

Vegetable + Fruit + Milk = MEAL

Fruit + Whole Grain and Lean Protein = MEAL

Fruit + Vegetable + Whole Grain and Lean Protein = MEAL

Whole Grain and Lean Protein + Milk = NOT A MEAL

(No Fruit or Vegetable)