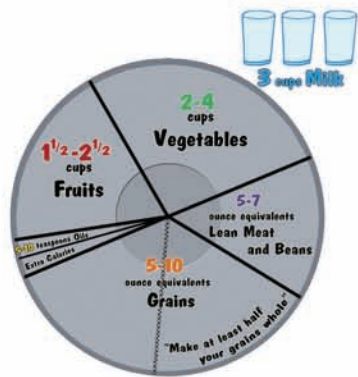
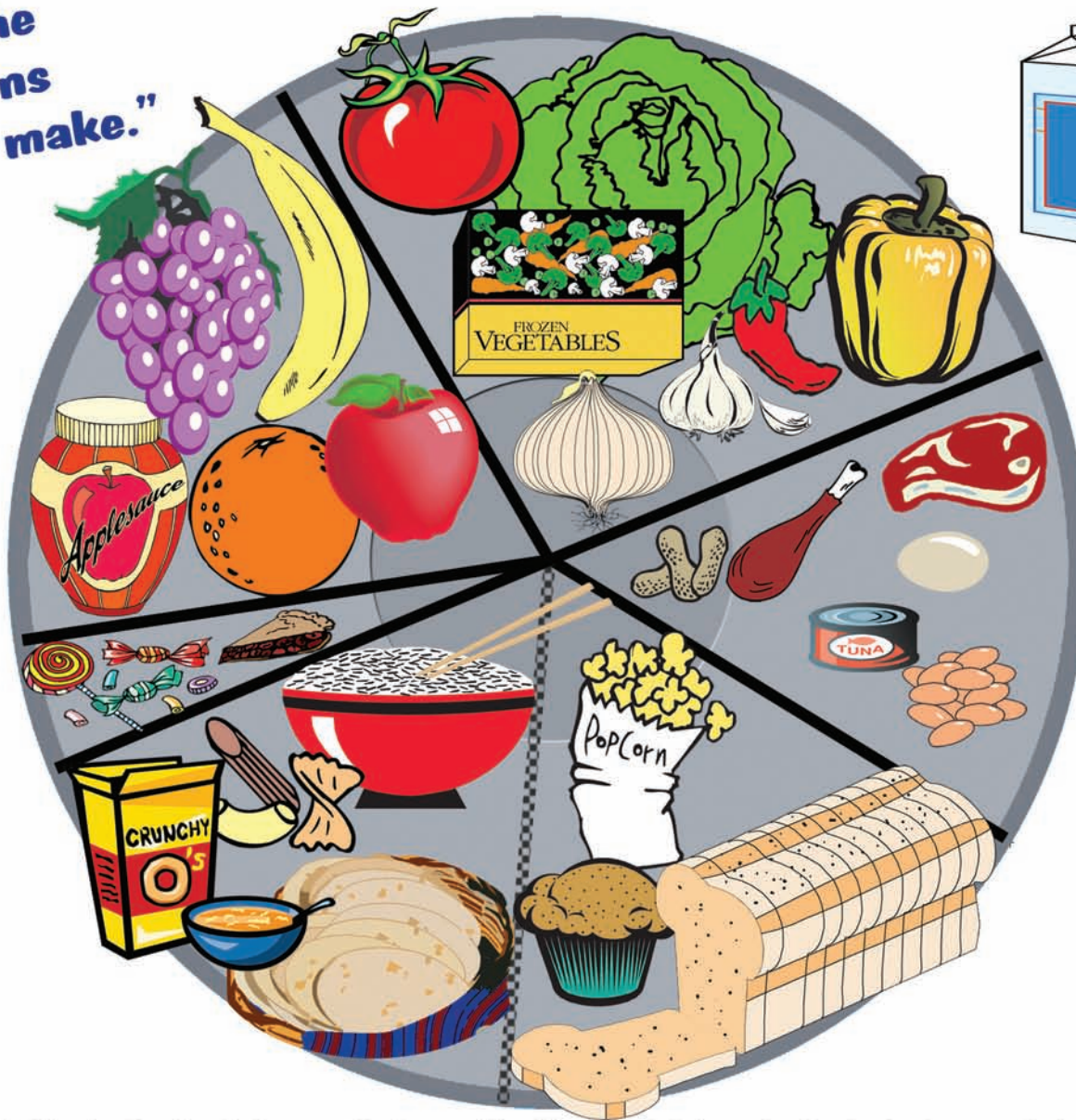


A Health-Full Plate

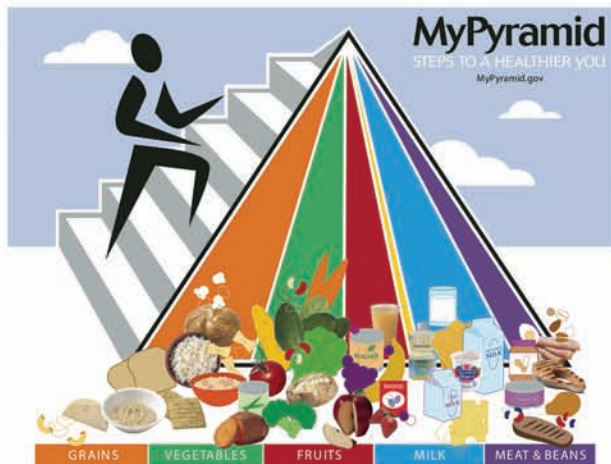
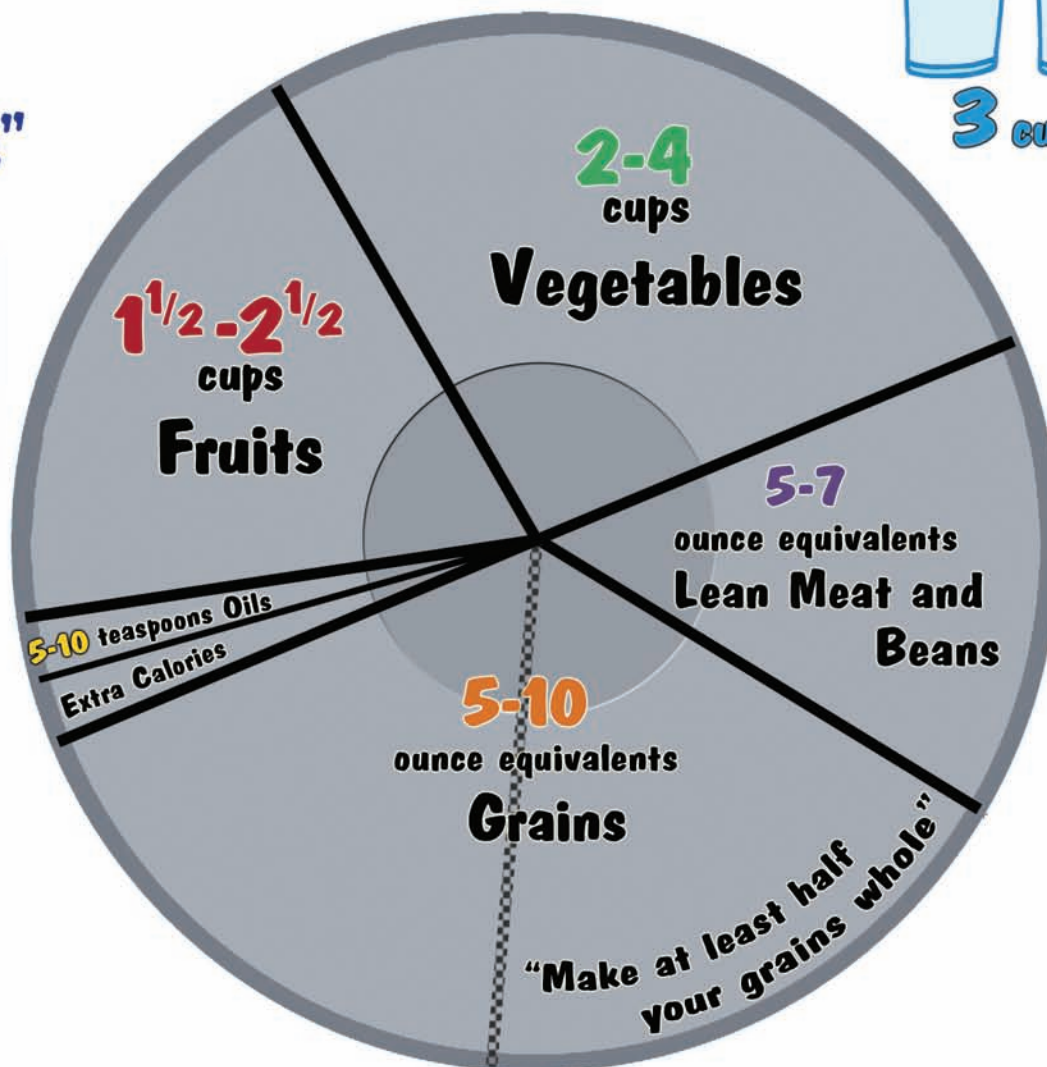
“The plate shows the types and proportions of food choices to make.”



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A Health-Full Plate

**“Let MyPyramid
guide your food choices”**



For people who need 1,600-3,000 calories per day

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