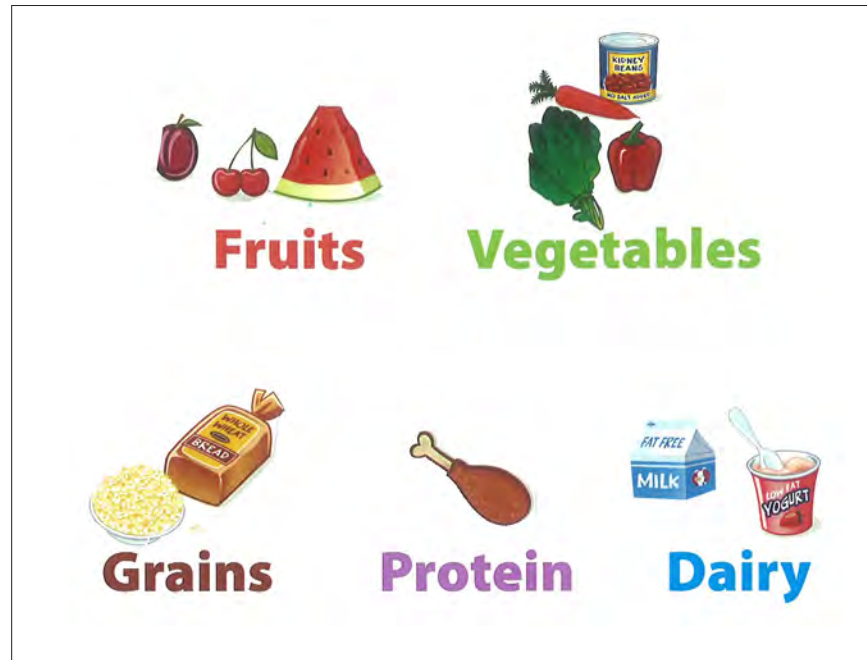


# Write on a Line

## LABELED INFORMATION



## LISTED INFORMATION

**ChooseMyPlate.gov**

**Fruits:**  
**Fuel Up With Fruits at Meals or Snacks**  
Pears, watermelon, plums, raisins, berries, and applesauce (without extra sugar) are just a few of the great choices. Make sure your fruit juice is 100% juice.

**Vegetables:**  
**Color Your Plate With Great-Tasting Veggies**  
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

**Grains:**  
**Make at Least Half Your Grains Whole Grains**  
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often.

**Protein:**  
**Vary Your Protein Foods**  
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp stir-fry, or grilled salmon.

**Dairy:**  
**Get Your Calcium-Rich Foods**  
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

SOURCE: [www.choosemyplate.gov](http://www.choosemyplate.gov)