

Build Your Own Healthy Plate

Healthy eating is **fun**, **colourful**, **delicious** & **nutritious**!

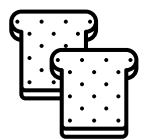
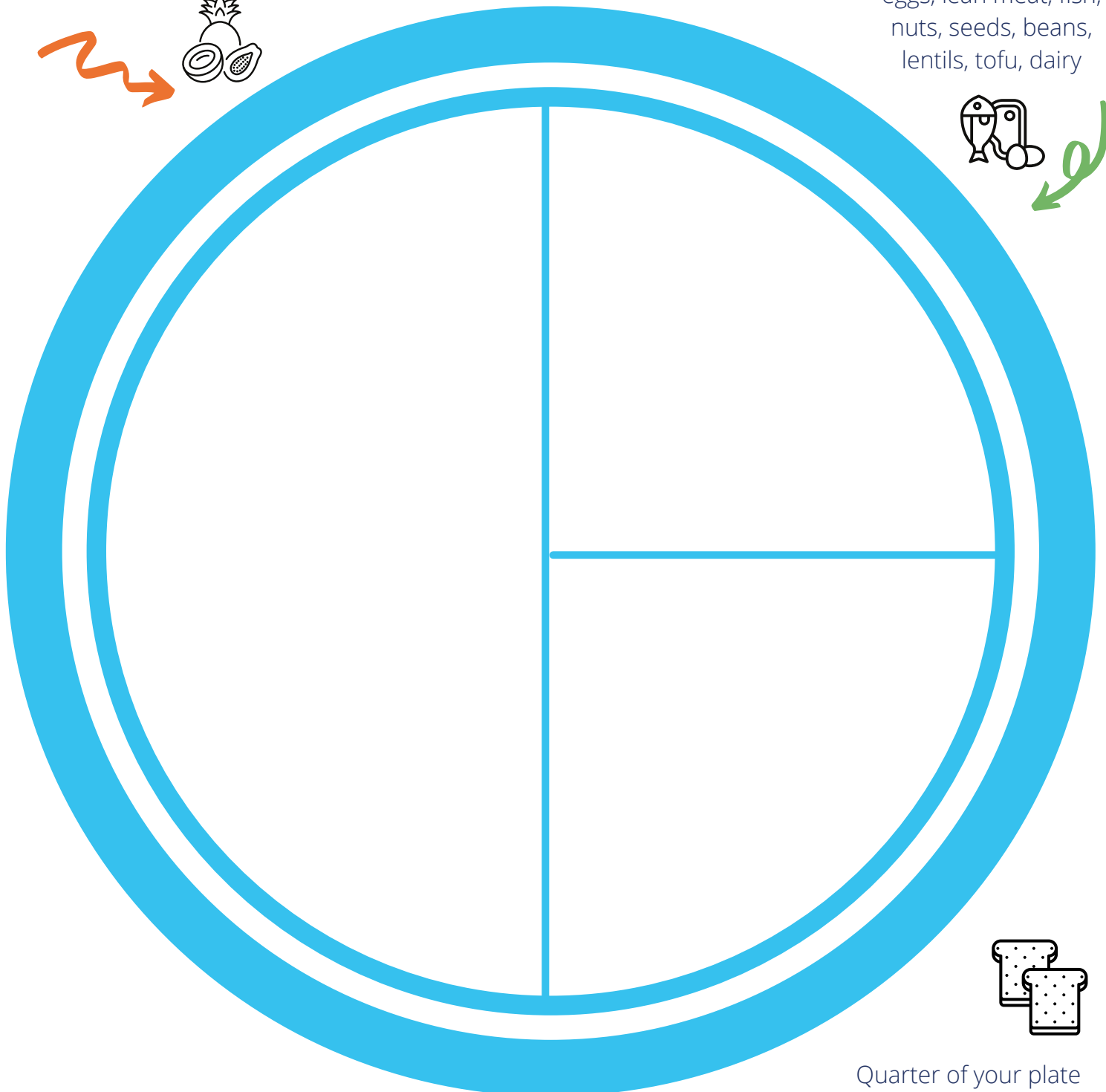
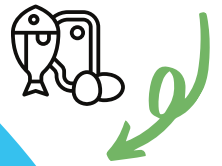
Eating balanced meals using the healthy plate method gives you the energy and nutrients you need to grow healthy and strong!

Draw your own version of a healthy plate below!

Half your plate fruits & vegetables



Quarter of your plate protein:
eggs, lean meat, fish,
nuts, seeds, beans,
lentils, tofu, dairy



Quarter of your plate
whole grains:
quinoa, whole grain
pasta, whole grain bread,
oats, brown rice, wild rice

