



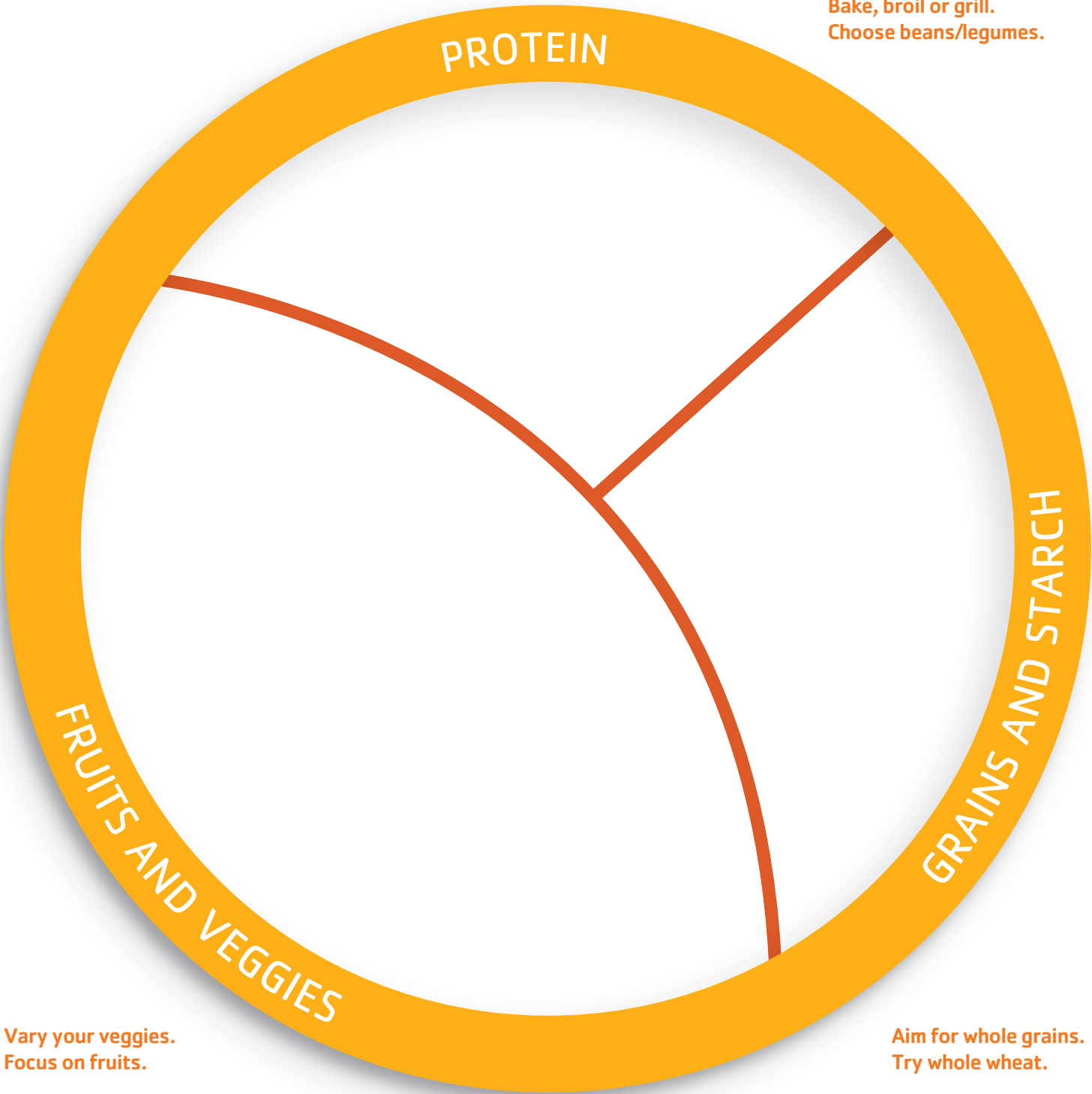
YOUR FAMILY PLATE



INSTRUCTIONS:

Draw your favorite healthy family choices in each section.

Go lean with protein.
Bake, broil or grill.
Choose beans/legumes.



Vary your veggies.
Focus on fruits.

Aim for whole grains.
Try whole wheat.

Learn more at:
ymca.net/healthy-family-home



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