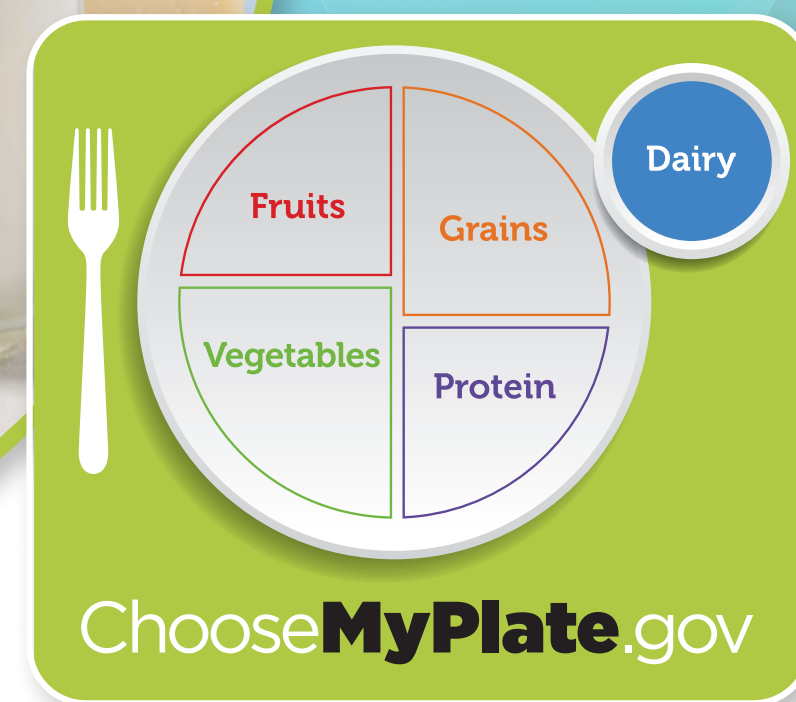


DAIRY

**Move to low-fat
or non-fat milk
or yogurt**



LÁCTEOS

**Elija leche o yogur
descremados o con bajo
contenido de grasa**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.

Adapted from the USDA Center for Nutrition Policy and Promotion's MyPlate.gov Website.



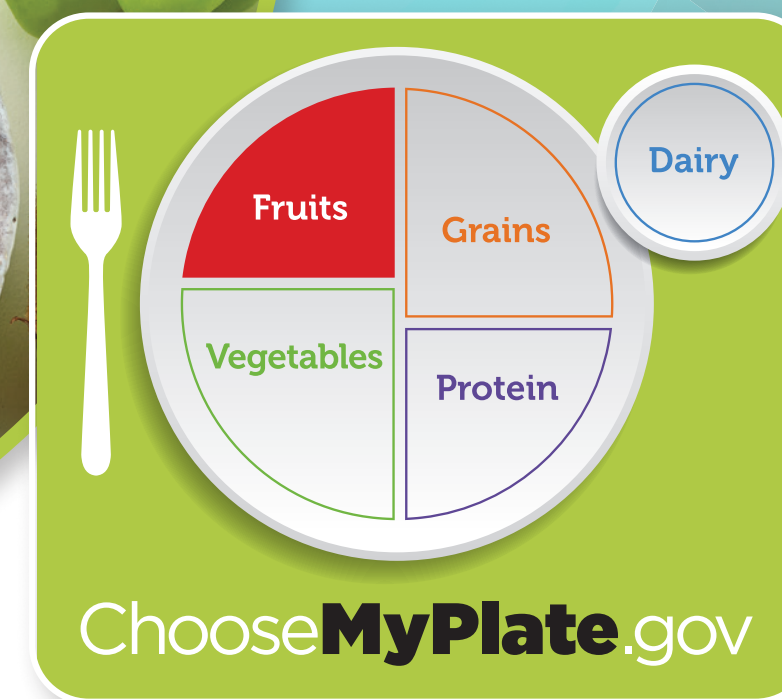
**Washington
Food Coalition**



**American
Heart
Association.**

FRUITS

Make half your
plate fruits and
vegetables



FRUTAS

Haga que la mitad de
su plato consista en
frutas y vegetales

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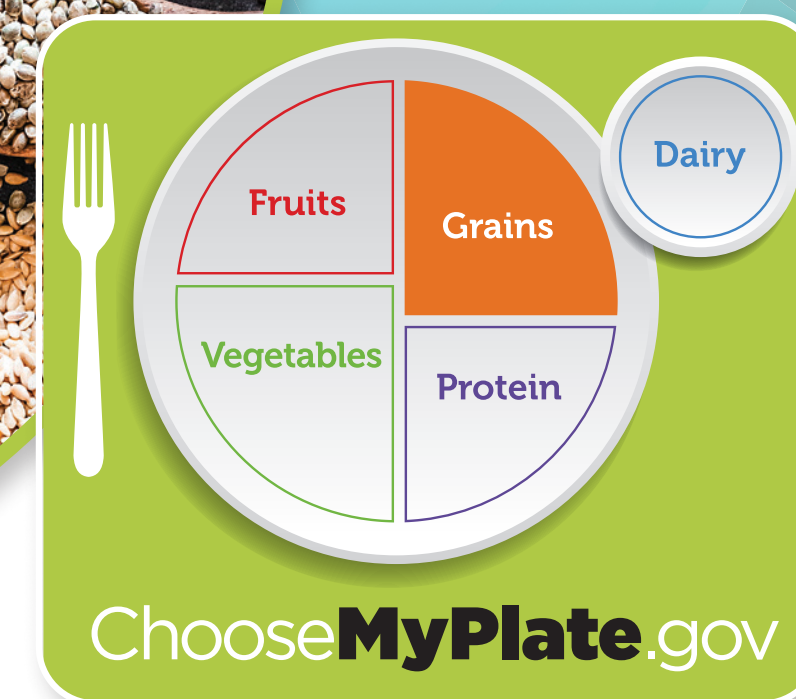
**Washington
Food Coalition**



**American
Heart
Association.**

GRAINS

Make half your
grains whole
grains



GRANOS

Haga que la mitad de
los granos que consume
sean integrales

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**Washington
Food Coalition**



**American
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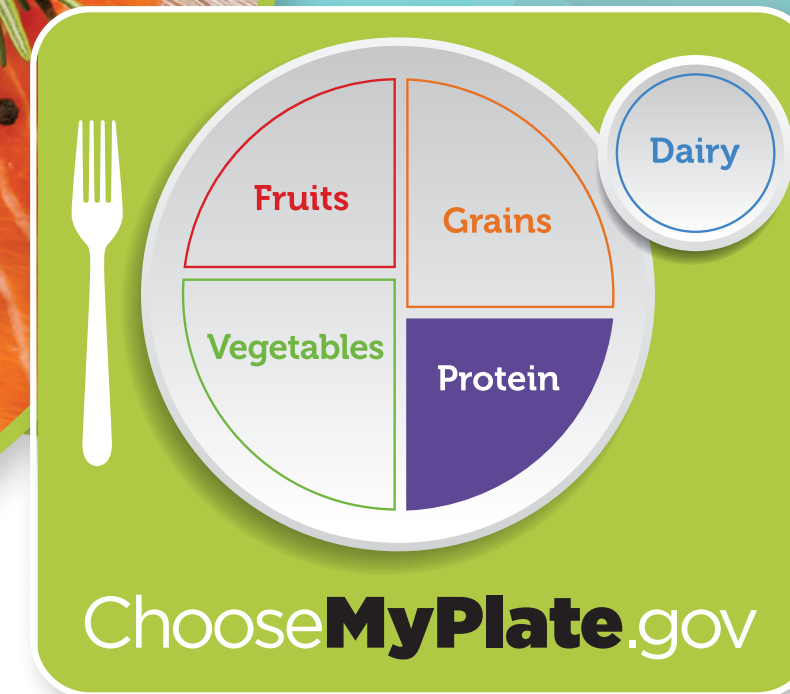
PROTEIN

Choose healthy sources of protein, mostly from plants



PROTEÍNA

Elija fuentes saludables de proteínas, principalmente de plantas



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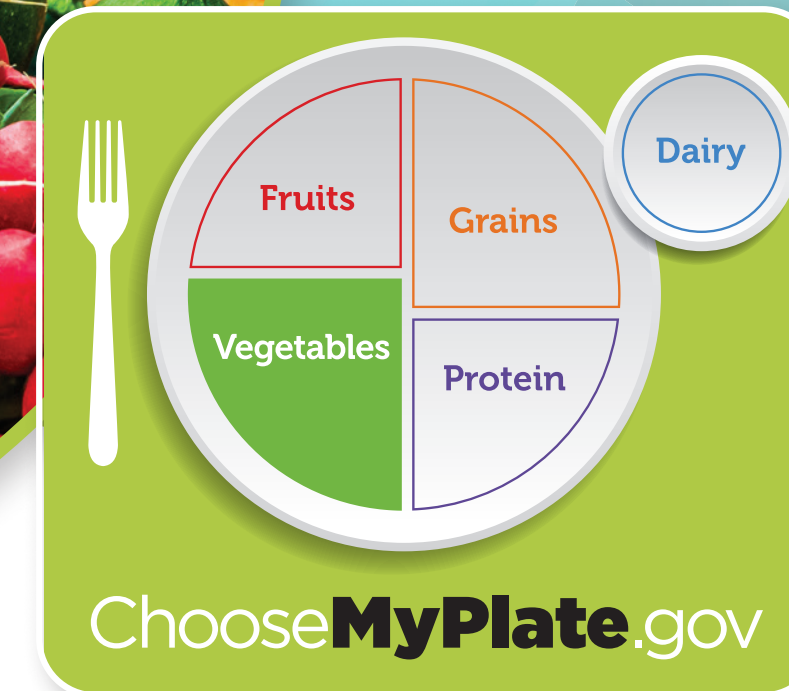
VEGGIES

Make half your
plate fruits and
vegetables



VERDURAS

Haga que la mitad de
su plato consista en
frutas y vegetales



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