



#5formaxflavor

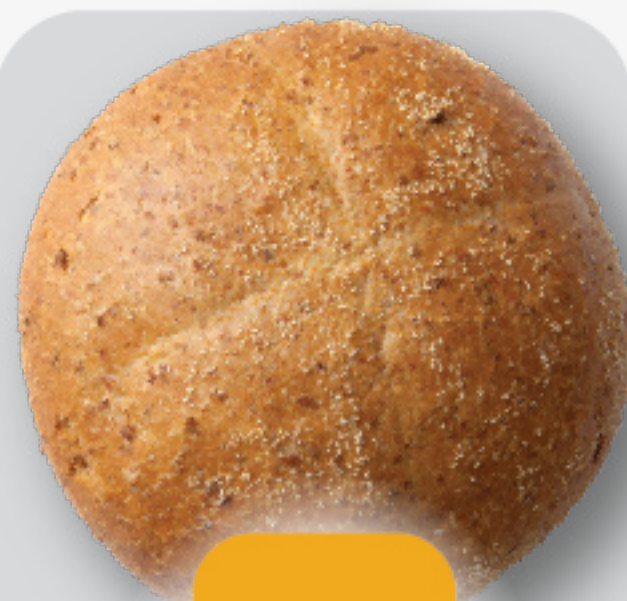


5 food groups =
Maximum Flavor

Milk



Grain



Fruit



Veggie



Protein



Select at least $\frac{1}{2}$ cup
fruit and/or vegetable



Choose at least
3 food groups

