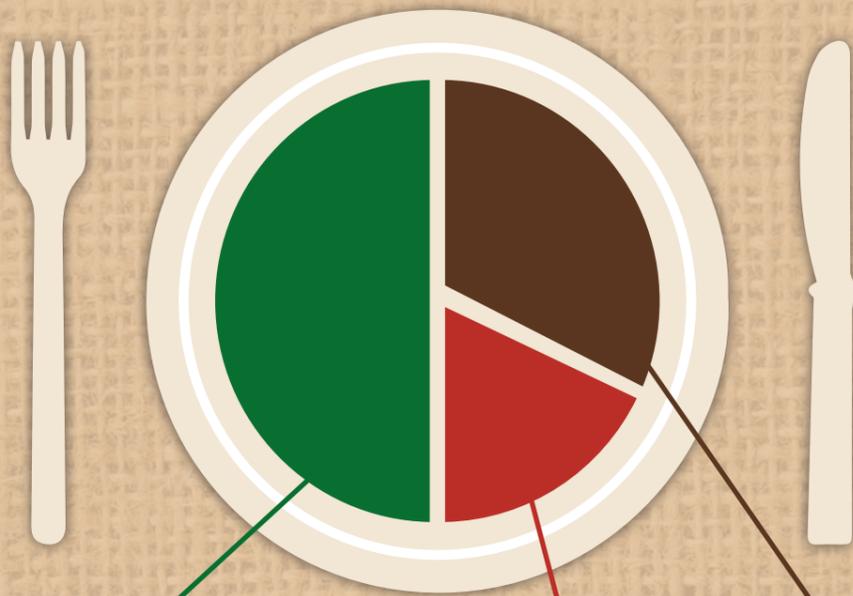




# My Healthy Meal

Eat a variety of foods from the 3 food groups  
Choose fresh local products



## Protective Foods



Include vegetables  
and fruits in at least  
2 meals/day

## Body Building Foods



Select low fat  
protein foods

## Energy Foods



Choose starchy  
and wholegrain  
staples



Choose and prepare  
foods with less salt,  
fat and sugar