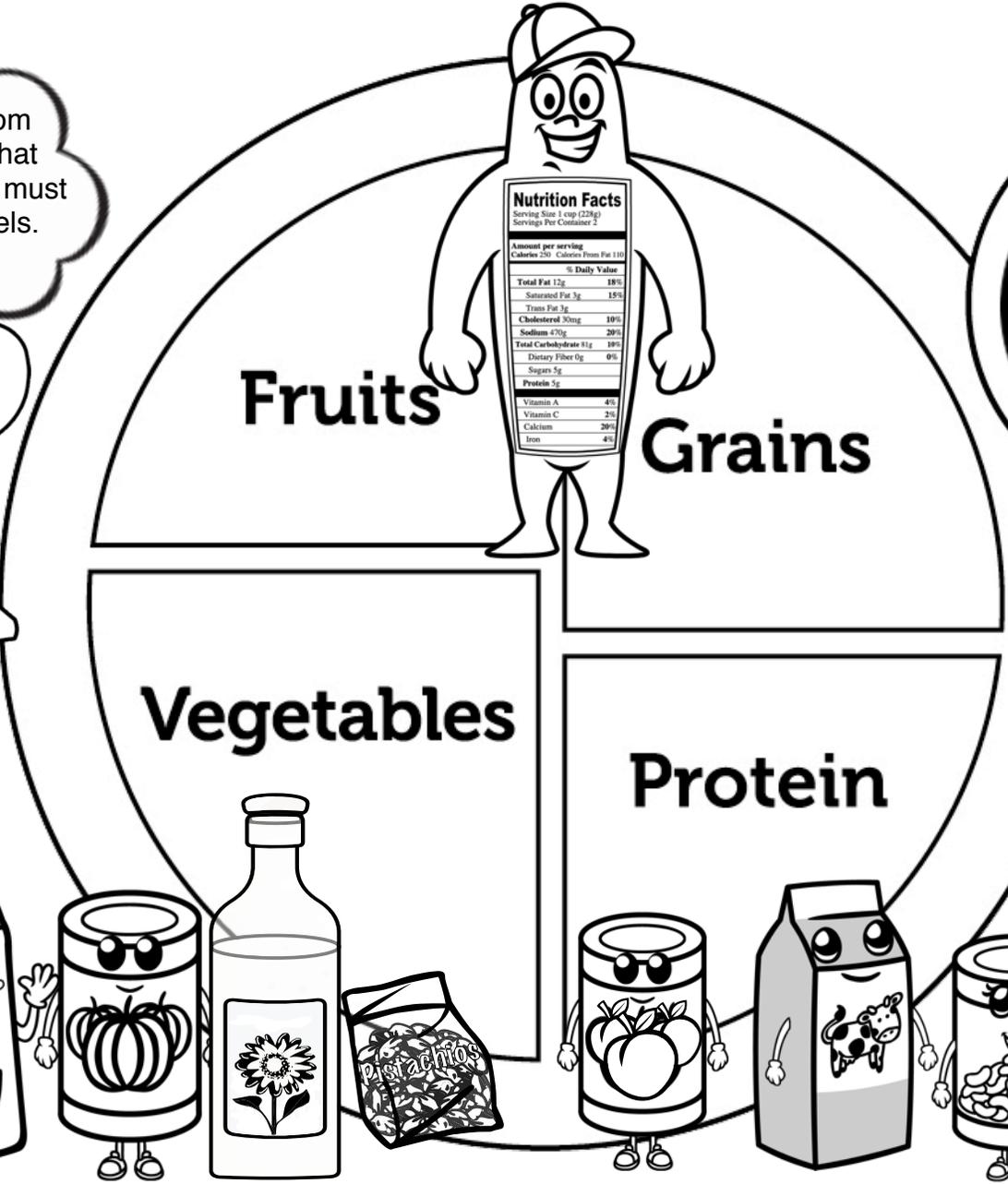
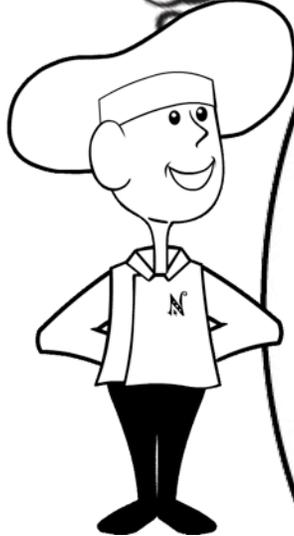


Food Label and the My Plate Coloring Sheet



Even foods from the My Plate that are packaged must have food labels.



Dairy

Read food labels and pick the healthy foods that help you feel great!

