



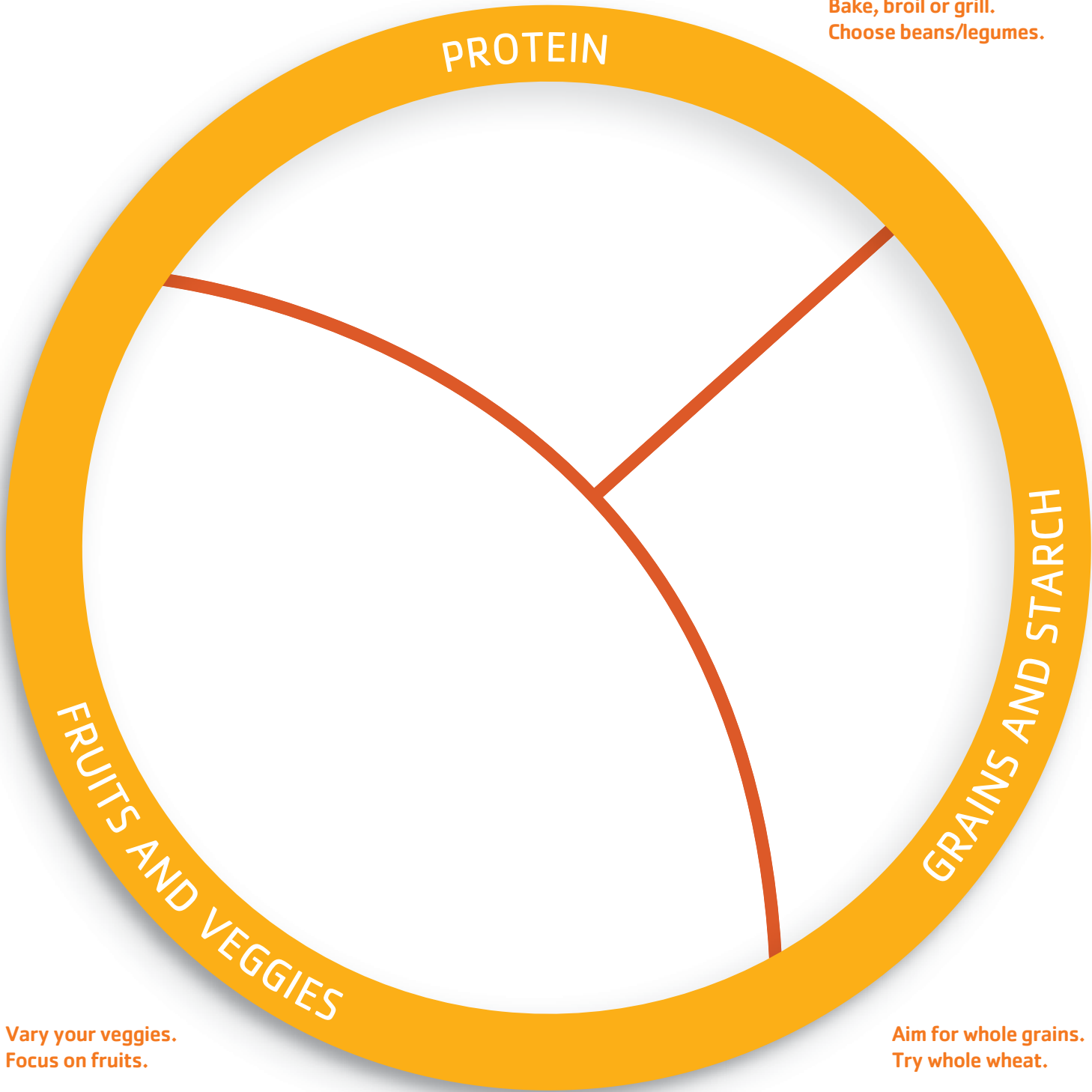
# YOUR FAMILY PLATE



## 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](http://ymca.net/healthy-family-home)



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