



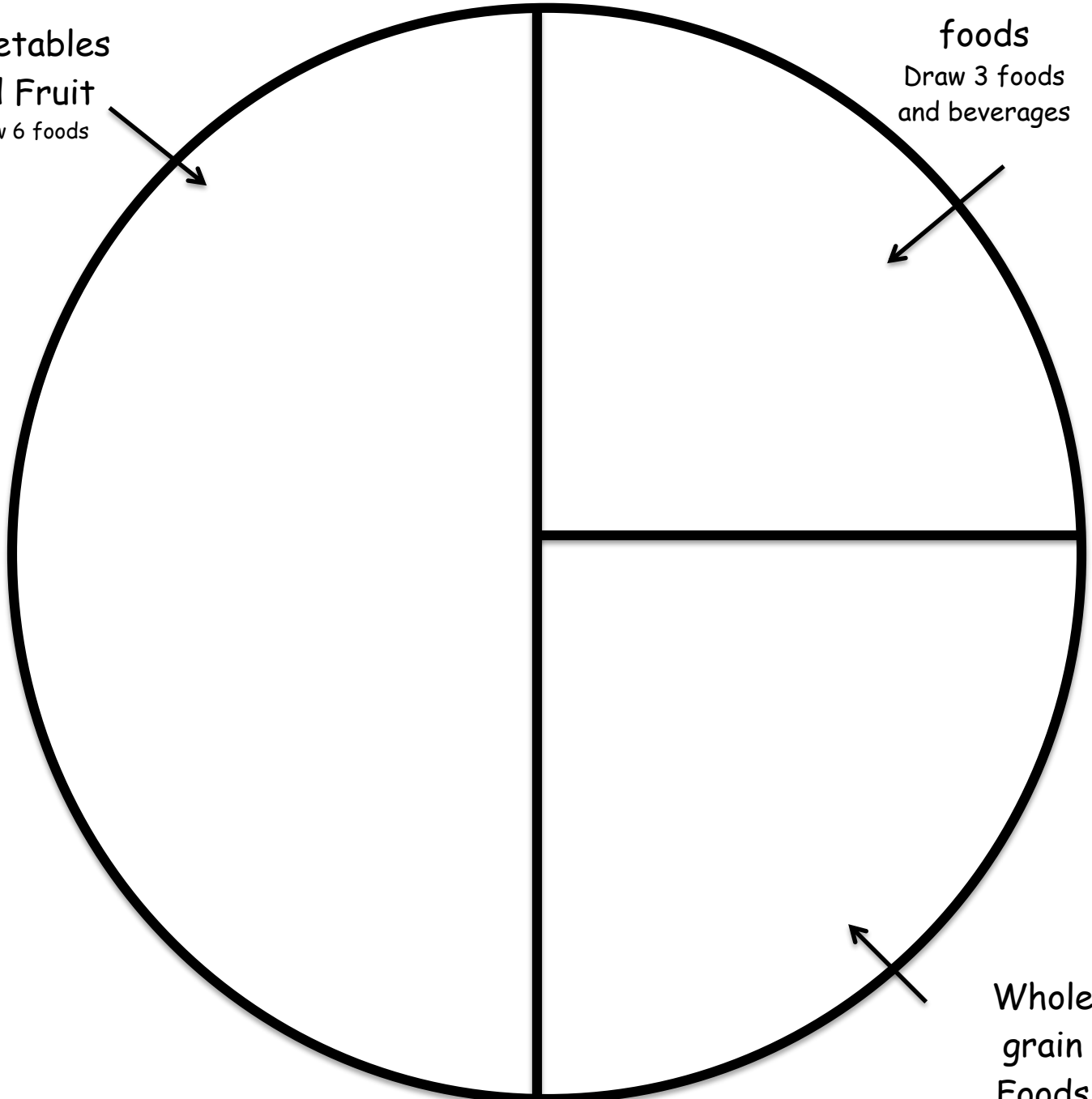
SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

# My Healthy Plate

Draw healthy food and beverages for each section of  
Canada's food guide's Eat Well Plate.

Vegetables  
and Fruit  
Draw 6 foods

Protein  
foods  
Draw 3 foods  
and beverages



Whole  
grain  
Foods  
Draw 3 foods

Don't forget  
water!