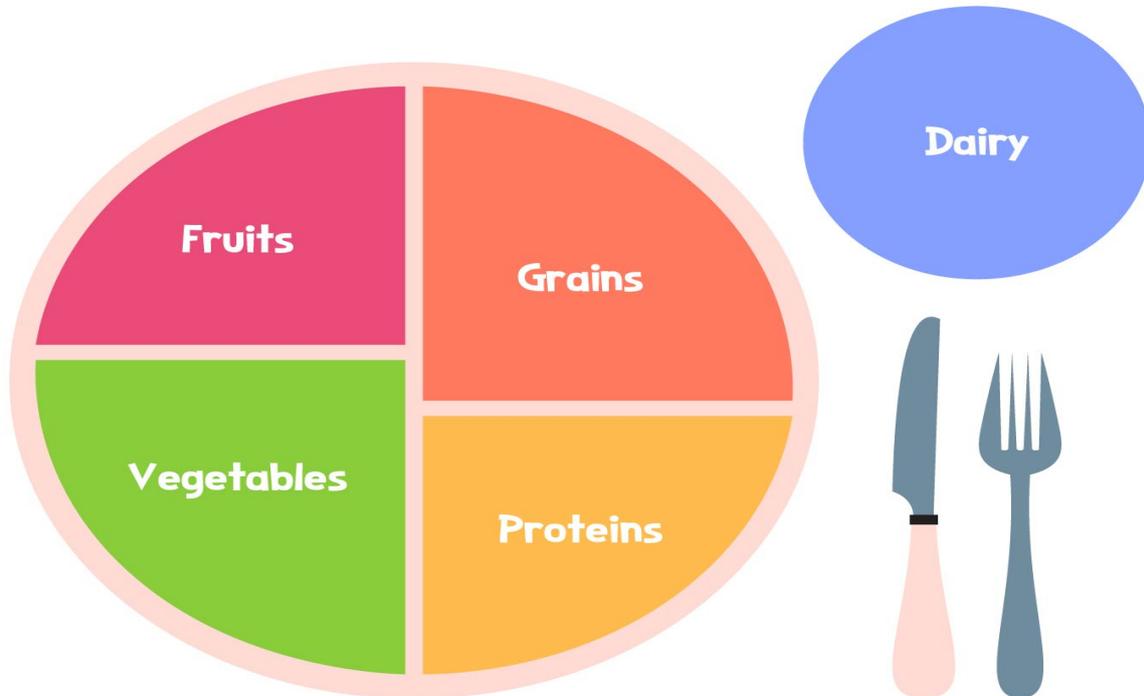


My Plate Portions



Fruits	Vegetables	Grains	Proteins	Dairy
Apple Banana Berries Oranges	Carrots Broccoli Spinach Tomatoes	Rice Bread Pasta Oatmeal	Chicken Fish Eggs Beans Nuts	Milk Yogurt Cheese