What should be on my plate?
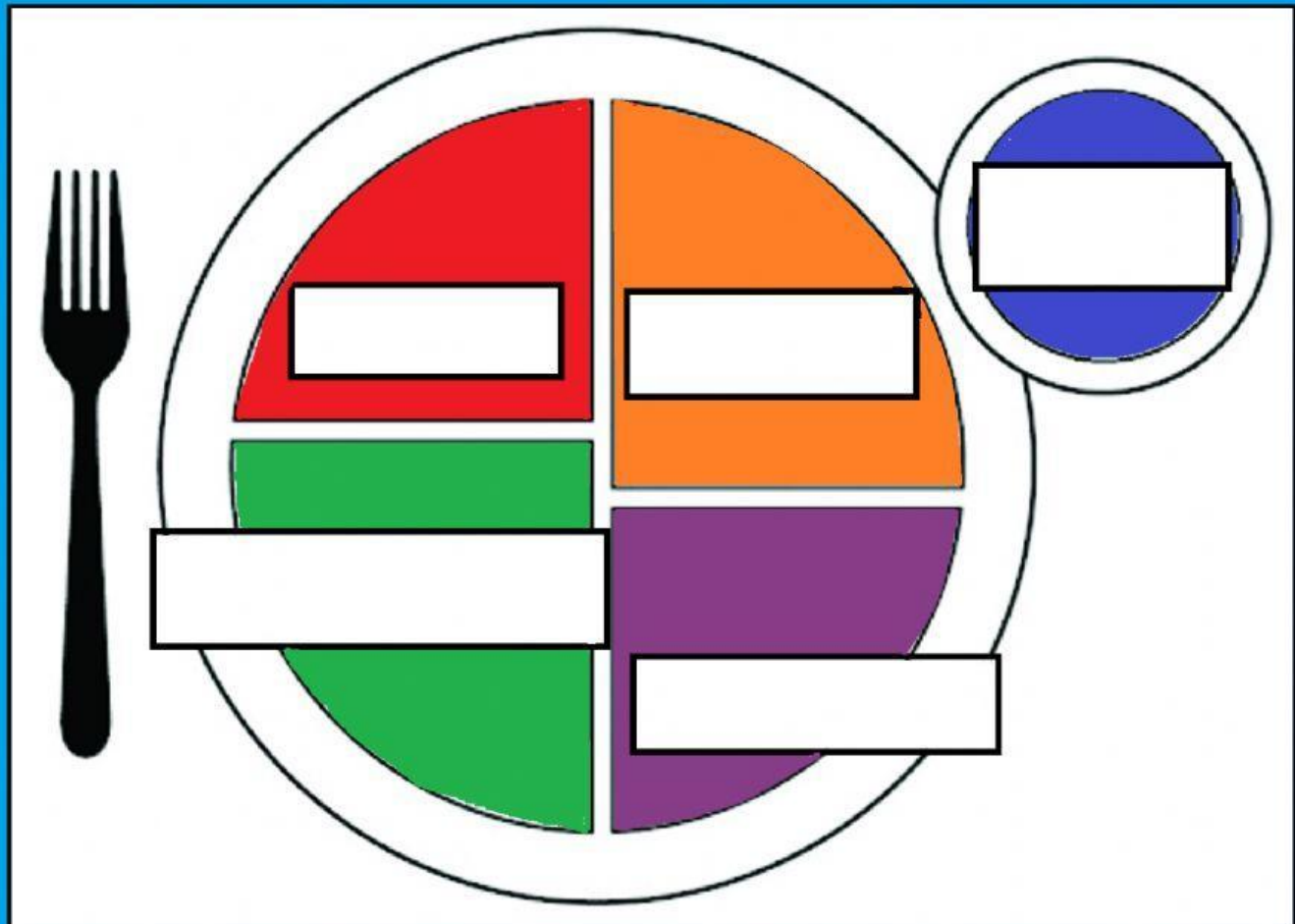
Dairy

Vegetables

Grains

Proteins

Fruits