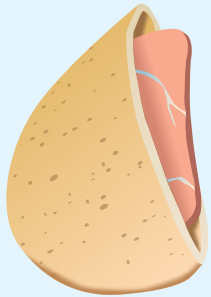


# Friendship Pocket

## 1 Pick a Protein Food



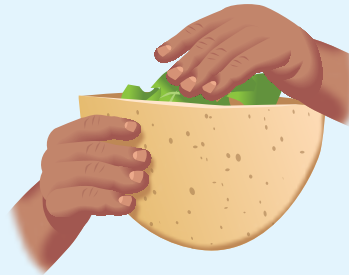
Fold a slice of turkey or ham. Put it in the pita pocket.

## 2 Veggie Time



Tear lettuce or spinach.

## 3 Greens Are Good



Add greens to pita.

## 4 Choose a Cheese



Put cheese inside pita.

## 5 Fruit Is Fun

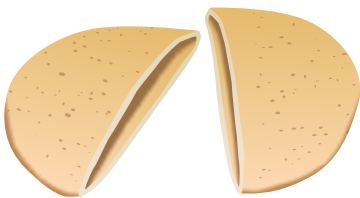


Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

## Ingredients

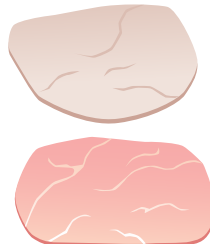
### Grain

whole-wheat pita bread



### Protein Food

turkey or ham



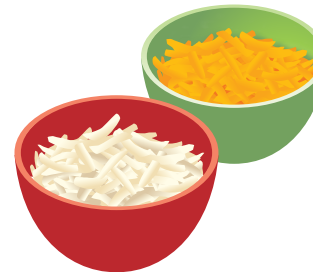
### Vegetable

lettuce or spinach



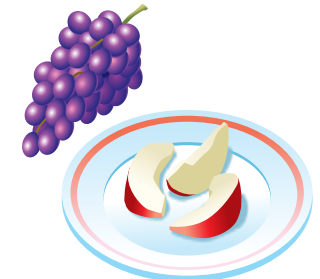
### Dairy

low-fat yellow or white cheese



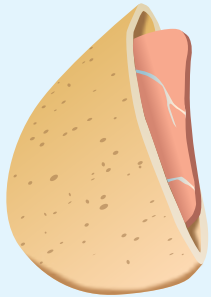
### Fruit

apple slices or grapes



# El bolsillo de la amistad

**1** Elige un alimento rico en proteína



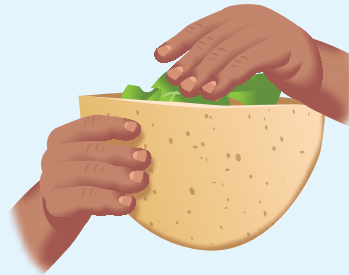
Dobla una rebanada de pavo o jamón. Ponlo dentro del bolsillo del pan pita.

**2** La hora de los vegetales



Parte la lechuga o espinaca.

**3** Los vegetales verdes son buenos para ti



Agrega la lechuga o espinaca al bolsillo del pan pita.

**4** Elige un tipo de queso



Pon el queso dentro del bolsillo del pan pita.

**5** Las frutas son divertidas

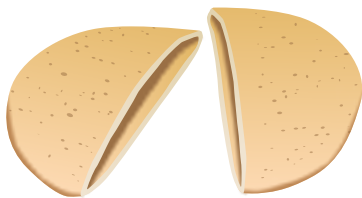


Come manzanas o uvas con tu pan pita. Disfruta de tu comida **MiPlato** con tus amigos.

## Ingredientes

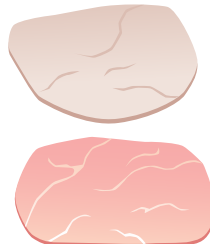
### Grano

pan pita integral



### Proteína

pavo o jamón



### Vegetales

lechuga o espinaca



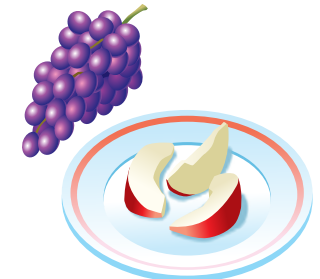
### Lácteo

queso amarillo o blanco bajo en grasa



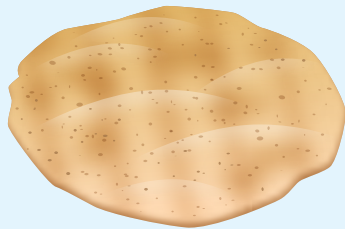
### Frutas

rebanadas de manzana o uvas



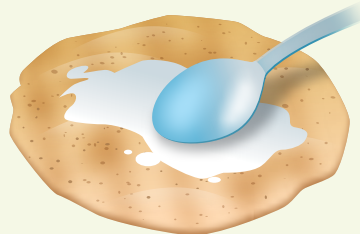
# Crunchy Rainbow Wrap

## 1 Get Started



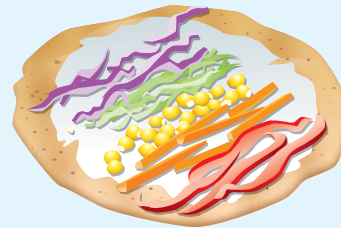
Lay your tortilla flat.

## 2 Paint the Sky



Spread some cream cheese onto the tortilla.

## 3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

## 4 Roll It Up

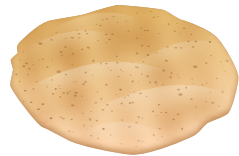


Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

## 5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.



**whole-wheat tortilla**



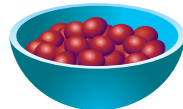
**reduced-fat cream cheese**

### Red

red-pepper strips



red beans



chopped tomatoes



## Ingredients

Choose Vegetables

### Orange

carrot shreds



### Yellow

corn

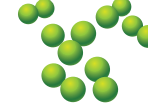


yellow-pepper strips



### Green

peas



spinach



shredded lettuce

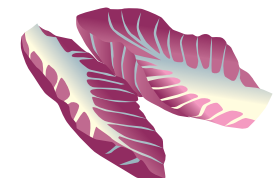


### Blue/Purple

shredded purple cabbage

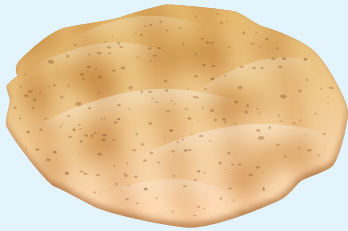


radicchio



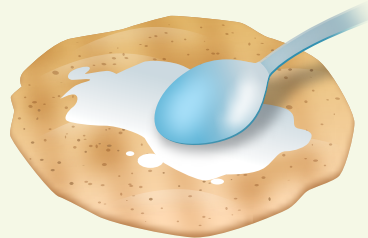
# Envoltura de arcoíris crocante

## 1 Comienza



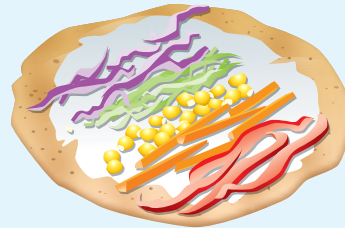
Extiende la tortilla.

## 2 Pinta el cielo



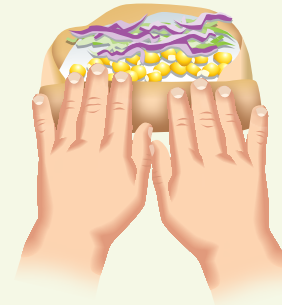
Pon un poco de queso crema sobre la tortilla.

## 3 Ponle color



Utiliza vegetales para crear un arcoíris en tu tortilla. Deja algo de espacio alrededor de los bordes.

## 4 Enróllalo

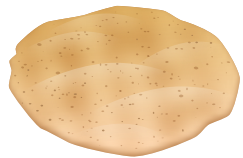


Dobla los lados de la tortilla. Comienza en un extremo y enrolla tu tortilla hasta que quede como un rollo.

## 5 Saborea el arcoíris



Deja que un adulto corte tu envoltura por la mitad. Disfruta de tu refrigerio colorido.



**Tortilla integral**



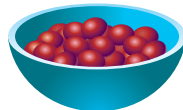
**queso crema bajo en grasa**

### Rojos

tiras de pimiento rojo



frijoles rojos



tomates picados



## Ingredientes

Elije vegetales

### Anaranjados

zanahoria rayada



### Amarillos

maíz

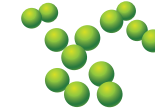


tiras de pimiento amarillo



### Verdes

guisantes



espinacas



lechuga cortada en trozos

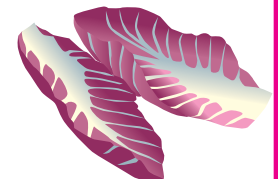


### Azules o morados

repollo morado cortado en trozos



achicoria



# Fruit-a-licious Breakfast Cup

**1 Start With Yogurt**



Spoon yogurt into your cup.

**2 Add Some Crunch**



Spoon cereal on top of the yogurt.

**3 Pick Fruit**



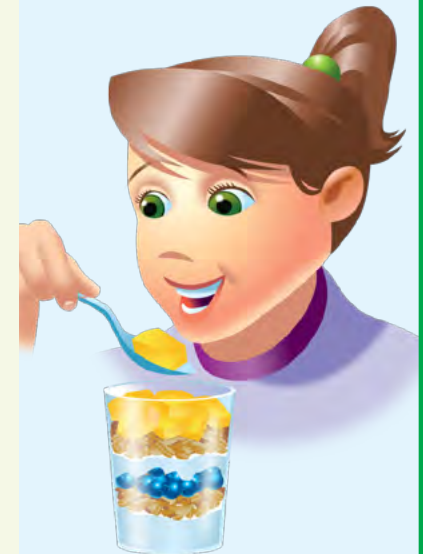
Add some fruit on top of the cereal.

**4 Make a Pattern**



Add more yogurt, then cereal, then fruit.

**5 Enjoy**



## Ingredients



low-fat yogurt



cereal

### Choose fruits

apple



pineapple



raisins



peaches



blueberries



banana



# Taza de desayuno fruti-licioso

**1** Comienza con yogur



Vierte el yogur en tu taza.

**2** Añade algo crocante



Coloca cereal sobre el yogur.

**3** Elige una fruta



Añade algunas frutas sobre el cereal.

**4** Diseña un patrón



Añade más yogur, más cereal y más fruta.

**5** Disfruta



## Ingredientes



yogur bajo en grasa



cereal

### Elige frutas

manzana



piña



pasas



melocotones



arándanos

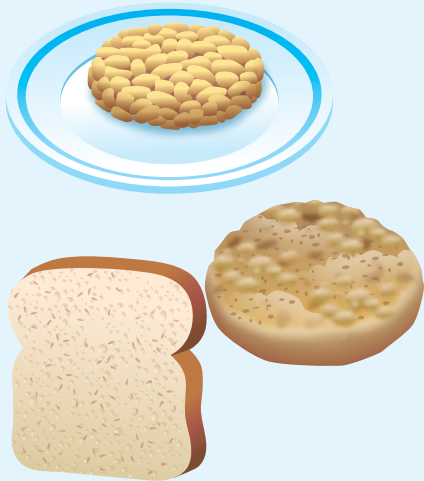


banano



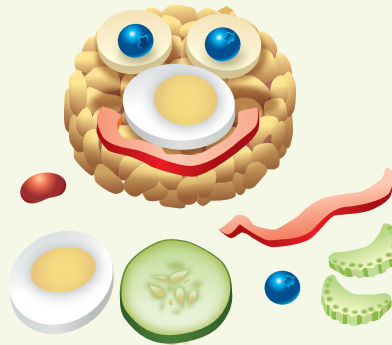
# Food Group Friend

## 1 Get a Head



Put a grain on your plate.

## 2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

## 3 Hair or Hat?



Choose a dairy food and cover the head.

## 4 Name Your Friend



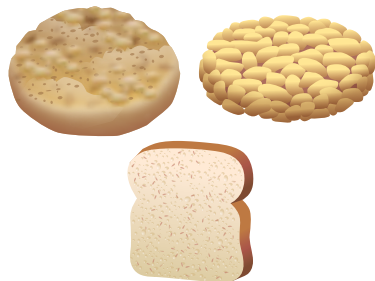
Have you used a food from each food group? If so, enjoy!

### Ingredients

Choose your favorite ingredients from every group

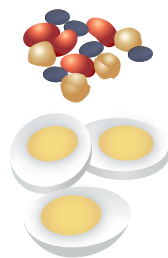
#### Grain

English muffin, brown rice cake, or bread



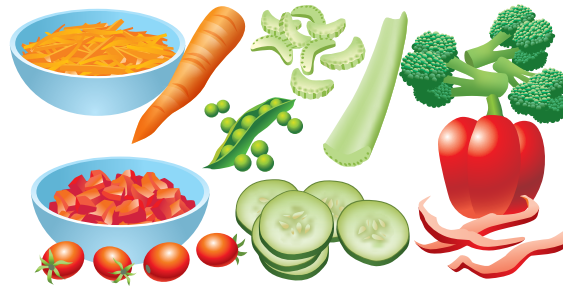
#### Protein Food

beans or egg



#### Vegetable

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



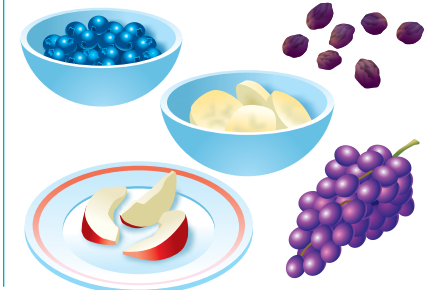
#### Dairy

low-fat cheese



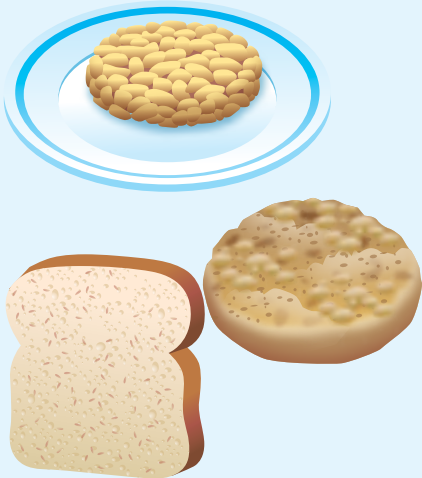
#### Fruit

blueberries, bananas, raisins, apples, or grapes



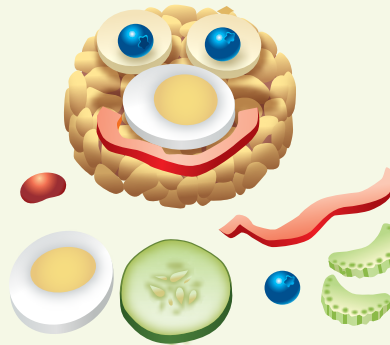
# Amigo del grupo de alimentos

## 1 Consigue una cabeza



Pon un producto integral en tu plato.

## 2 Haz una cara



Elige frutas, vegetales y un alimento rico en proteína para hacer los ojos, la nariz y la boca. ¡Diviértete y hazlo colorido!

## 3 ¿Cabello o sombrero?



Elige un producto lácteo y cubre la cabeza.

## 4 Ponle nombre a tu amigo

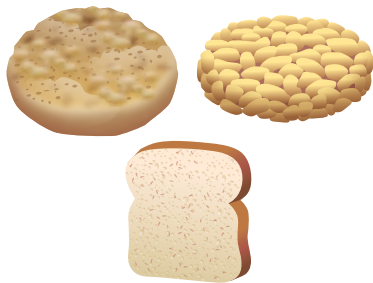


¿Haz utilizado un alimento de cada grupo alimenticio? Si es así, ¡disfrútalo!

### Ingredientes

#### Grano

Panecillo inglés, torta de arroz integral o pan



#### Proteína

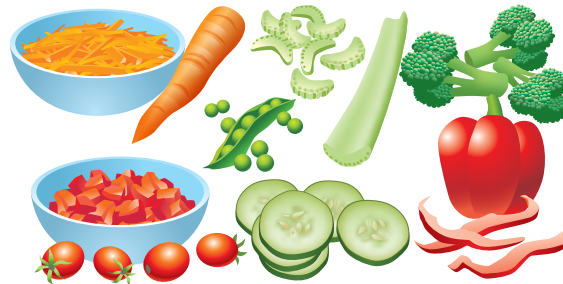
frijoles o huevo



### Elige tus ingredientes favoritos de cada grupo

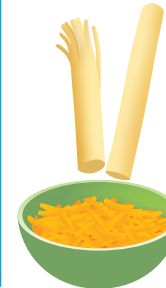
#### Vegetales

zanahorias, apio, brócoli, tomates, guisantes, pepino o pimiento



#### Lácteo

queso bajo en grasa



#### Frutas

arándanos, bananos, pasas, manzanas o uvas

