MyPlate Pledge

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

I pledge MyPlate!

Everyday I will:

☐ Eat more fruits & veggies.
☐ Try whole grains.
☐ Re-think my drink.

☐ Focus on lean protein.
☐ Slow down on sweets.
☐ Be active my way.

MyPlate.gov