



MyPlate Pledge for

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.