Eat Great with MyPlate

Build a Healthy Plate

Vegetables

Fruits

Dairy

Grains

Protein

Eat up! Get Moving! Have fun!

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.

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