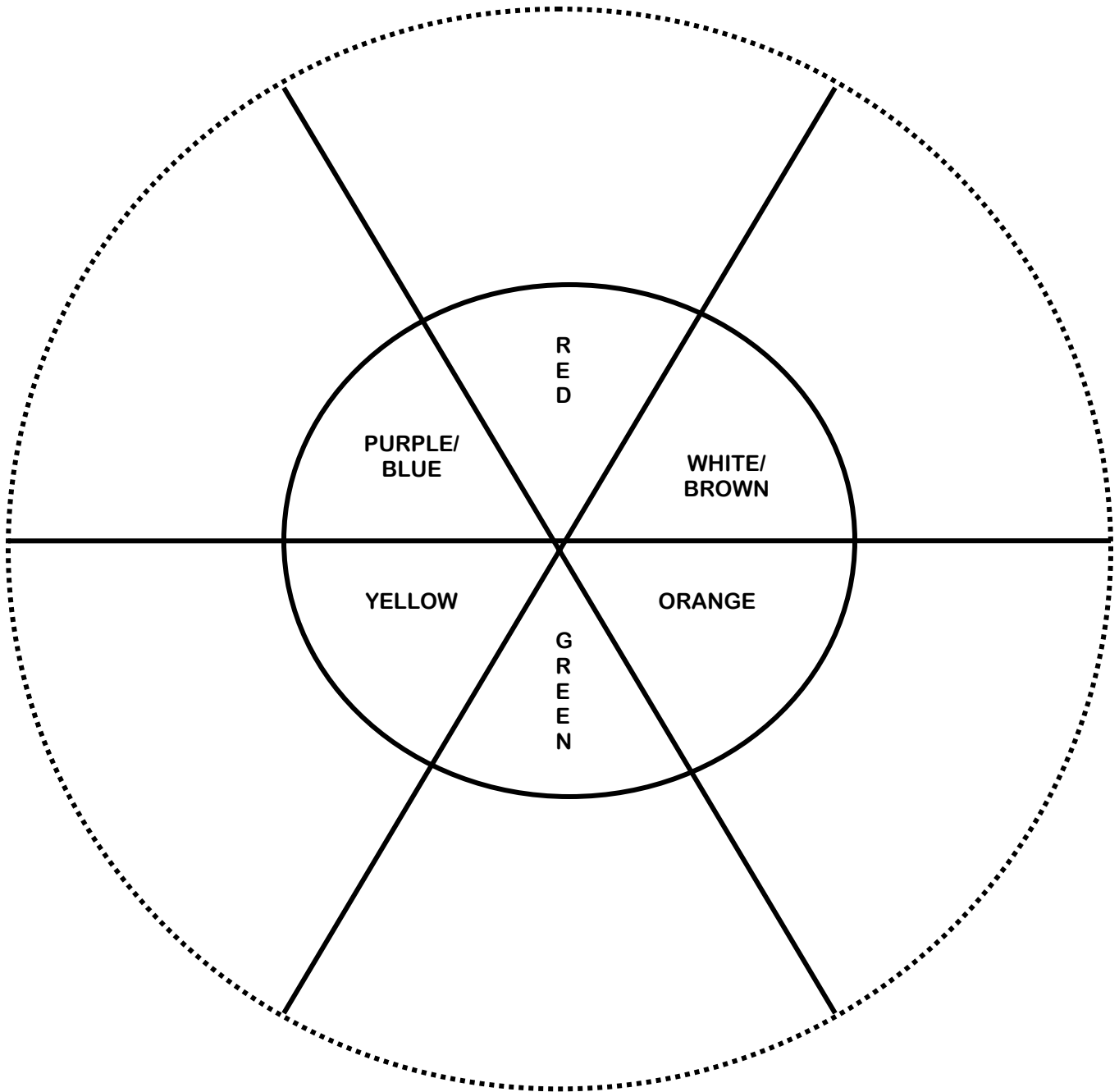


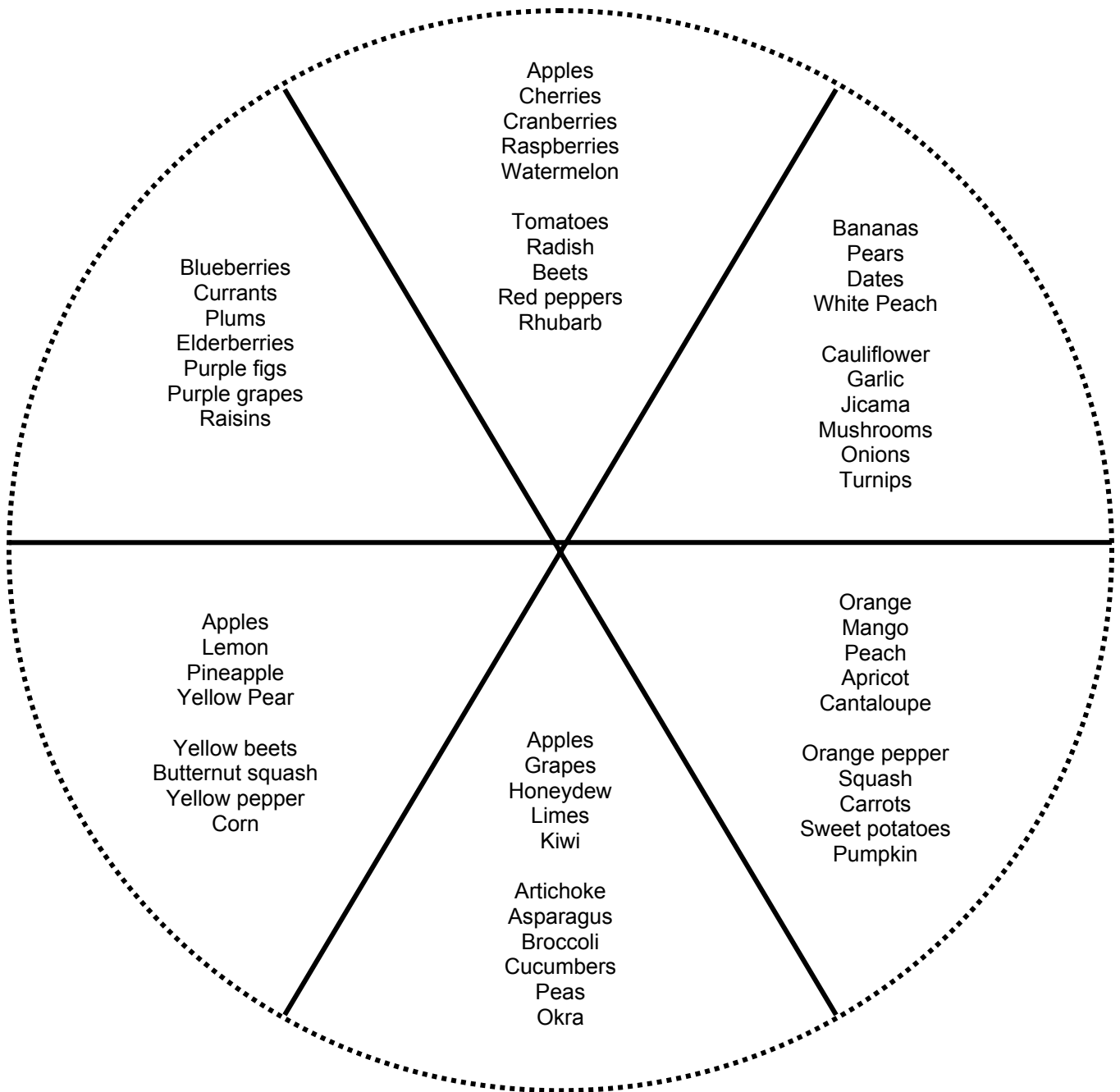
Make Your Plate a Rainbow!

Cut out the wheel below and attach the arrow.
Pick from your favorite foods in each color group.
Try your favorites or try something new!



Healthy Hint # 3

Eat a **VARIETY** of at least a total of
5 fruits and vegetables a day.



Fido Fact!
 Eating a variety of foods will help you get the energy, protein, vitamins, minerals, and fiber you need for good health. This is especially important for someone with a bleeding disorder.