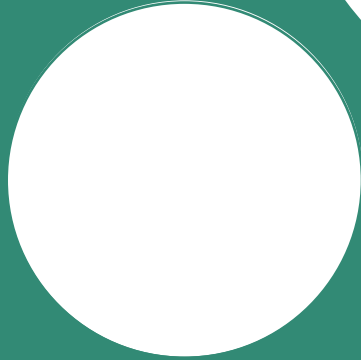


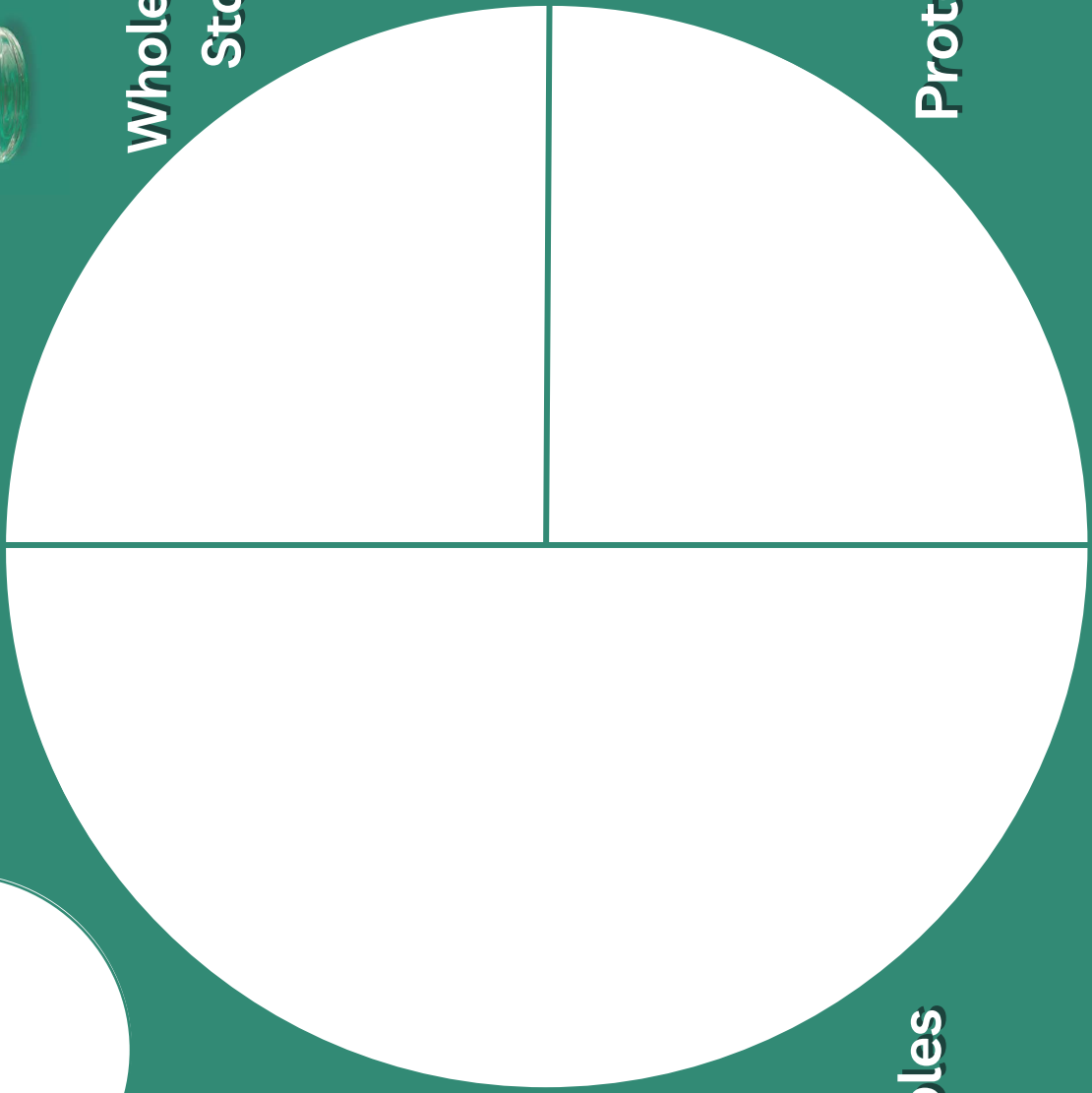
MAKE MY NATIVE PLATE



Water



Fruit



**Whole Grain/
Starch**

Vegetables

Protein

- PROTEIN**
- Bison/Buffalo
 - Chicken
 - Turkey
 - Eggs
 - Yogurt
 - Sausage
 - Turkey Bacon
 - Tempeh
 - Fish
 - Shrimp
 - Crab
 - Mutton/Pork Tenderloin
 - Venison
 - Scallops
 - Nuts
 - Seeds
 - Nut
 - Butter
 - Ham
 - Tofu
 - Pork Chops
 - Burger
 - Ground Beef
 - Ground Turkey
 - Beans
 - Chickpeas

- WHOLE GRAIN/STARCH**
- Potatoes
 - Corn
 - Peas
 - Wild Rice
 - Brown Rice
 - Quinoa
 - Cous Cous
 - Popcorn
 - Pretzels
 - Oats/Oatmeal
 - Corn Tortilla
 - Whole Wheat Tortilla
 - Baked Frybread
 - Whole Wheat Pasta
 - Whole Wheat Bread
 - Lentils
 - Corn Bread
 - Egg Noodles
 - Crackers
 - Chips

- VEGETABLES**
- Carrots
 - Broccoli
 - Cauliflower
 - Asparagus
 - Green Beans
 - Celery
 - Spinach
 - Lettuce
 - Kale
 - Zucchini
 - Eggplant
 - Cabbage
 - Tomatoes
 - Squash
 - Bell Peppers
 - Onions
 - Cucumbers
 - Beets
 - Brussel Sprouts

- FRUIT**
- Strawberries
 - Blueberries
 - Blackberries
 - Raspberries
 - Cantaloupe
 - Grapes
 - Watermelon
 - Oranges
 - Cherries
 - Papayas
 - Mangoes
 - Apples
 - Bananas
 - Pineapples
 - Honey dew
 - Peaches
 - Apricots
 - Pears
 - Clementines
 - Plums