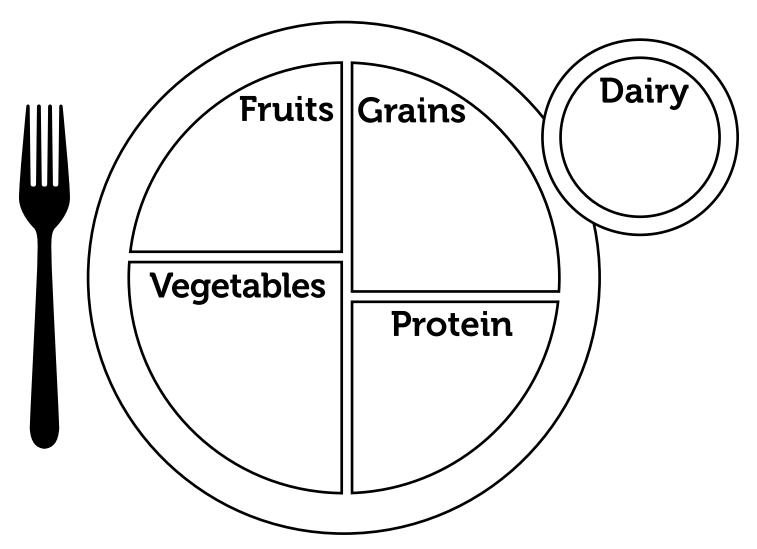## Lesson 6.2 Graphic Organizer

Food Benefits

Think about what you will be eating for lunch today. Fill in the MyPlate graphic organizer below based on the ingredients of that meal. Do you have foods in every category? Are all your choices nutrient-dense foods? If not, use a different color pen to cross out any foods that are not nutrient dense. Note any foods you could add to or remove from the meal to ensure that it fulfills the nutrition guidelines.

Fruits Grains Dairy Vegetables Protein

Choose**MyPlate**.gov