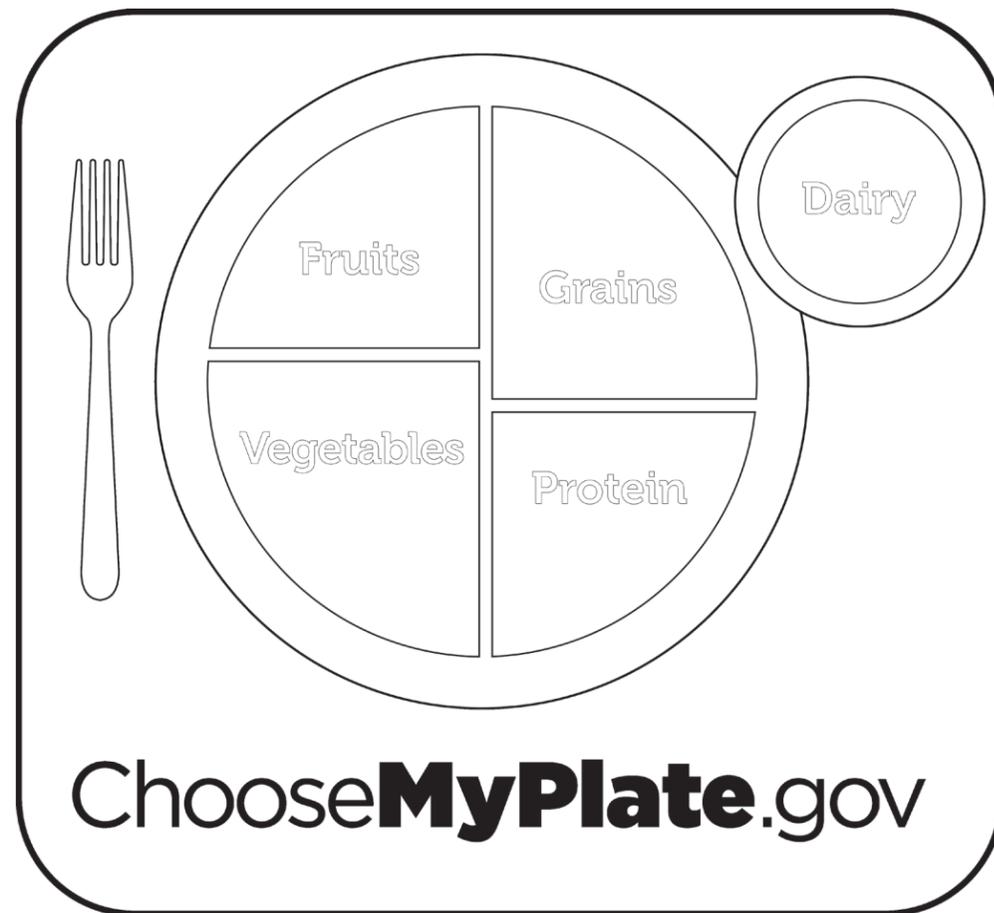


Join Patrick and The Good Foods Band. Eat foods from each part of MyPlate every day.



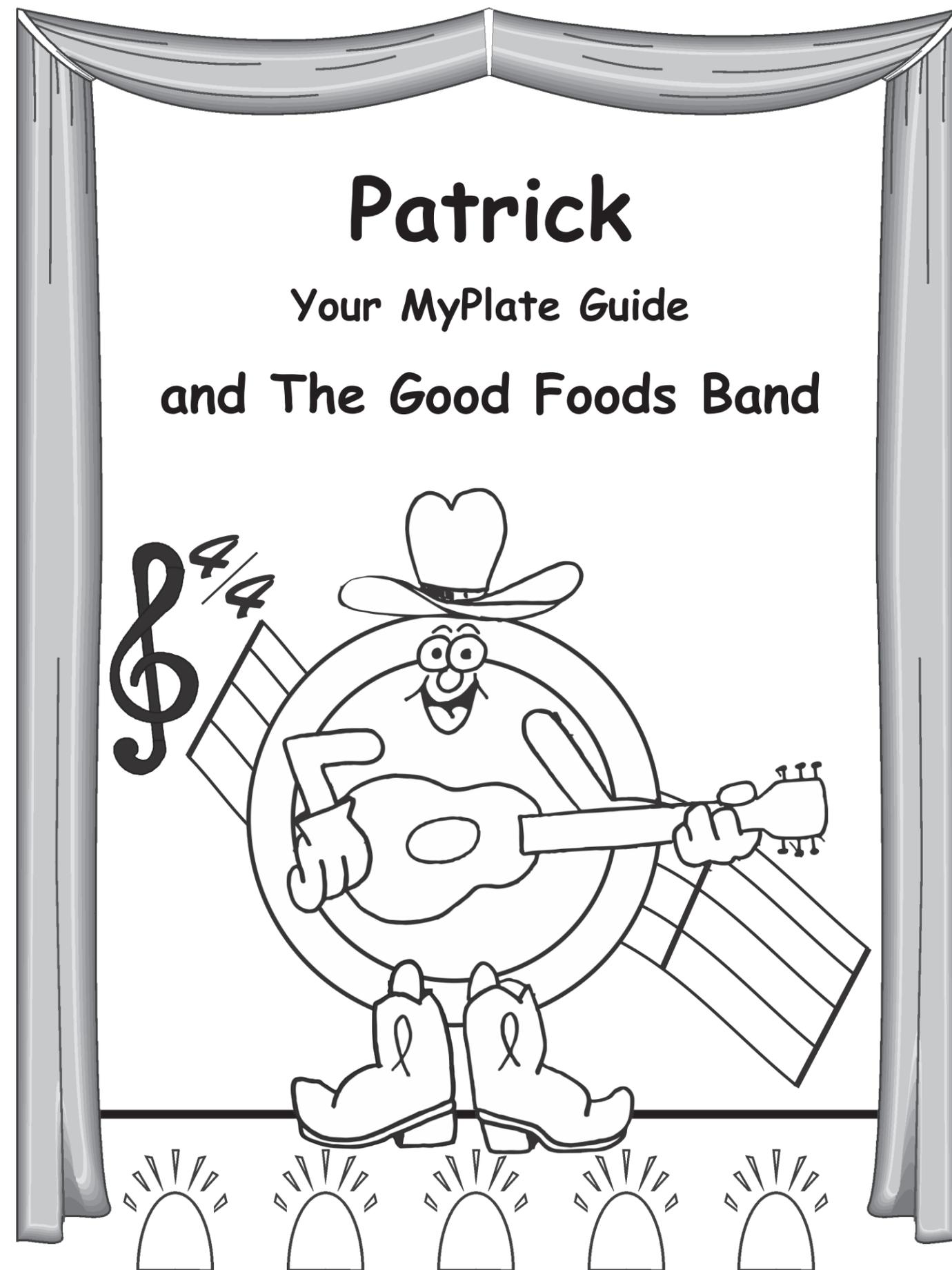
Coloring book created by Cindy Roberts for the Tennessee WIC Program

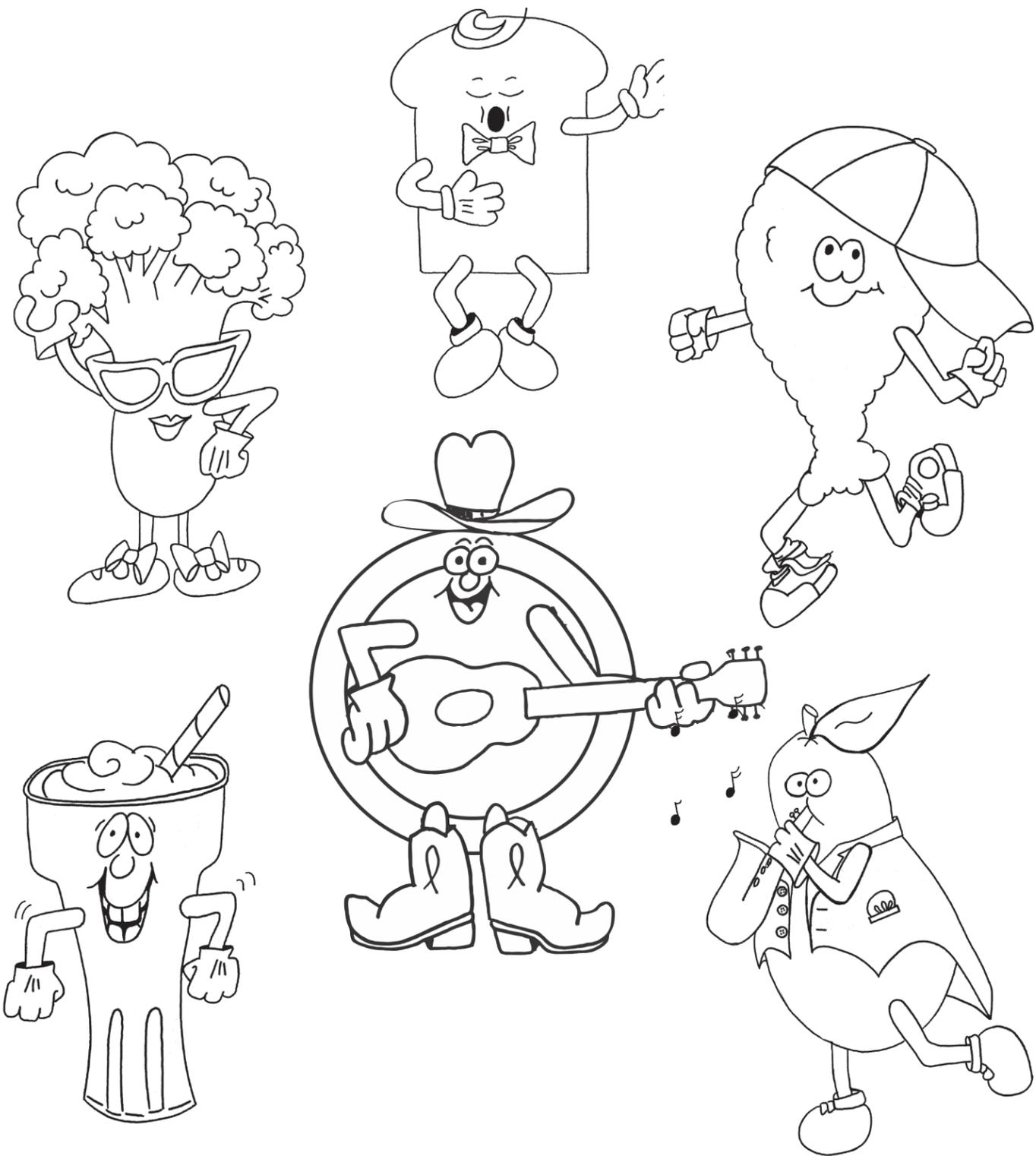
For more information about the Tennessee WIC Program visit <http://tn.gov/wic>



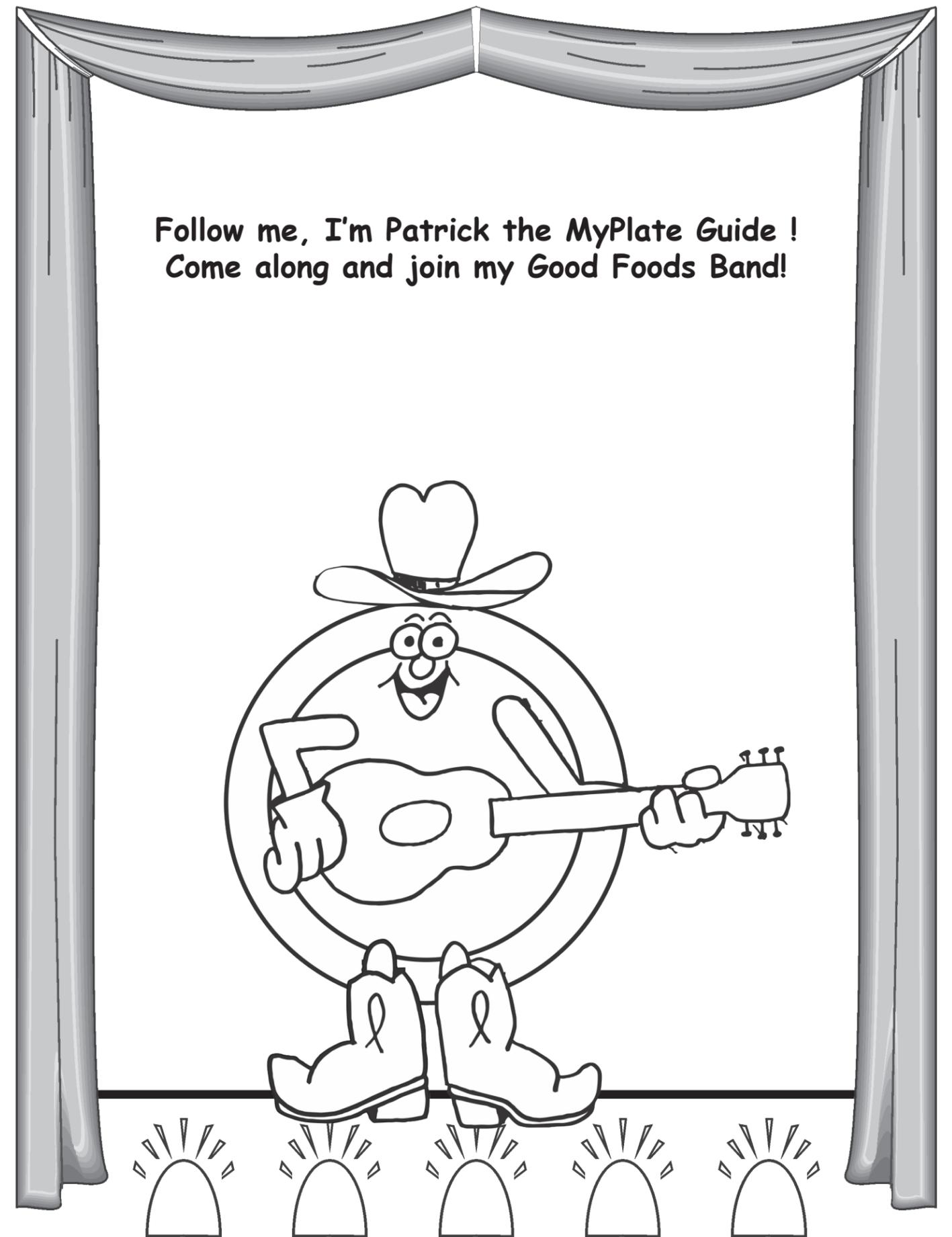
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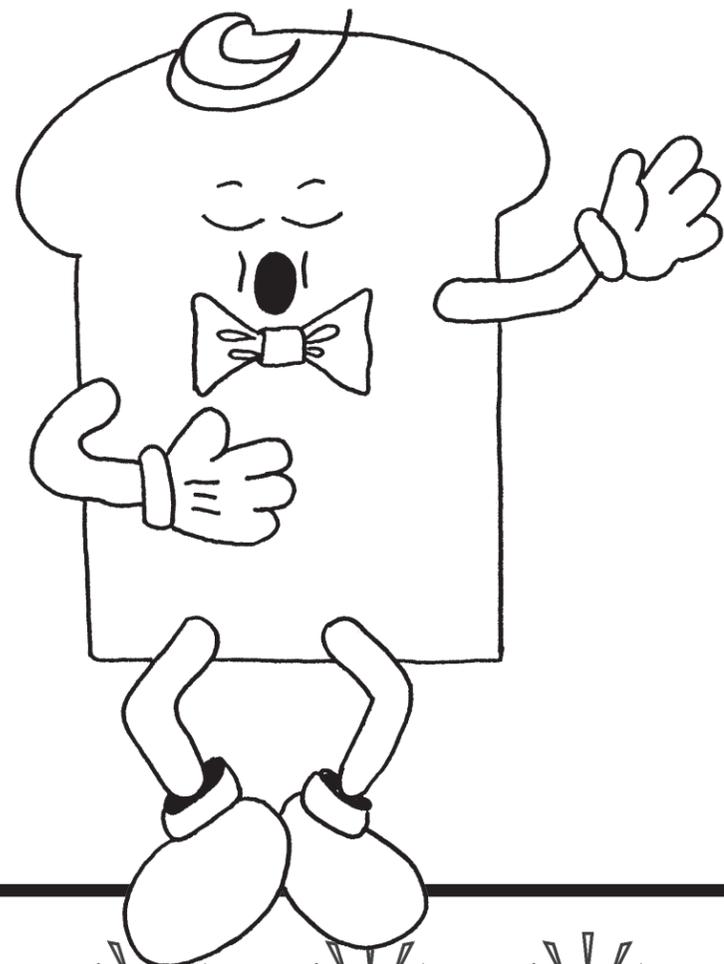




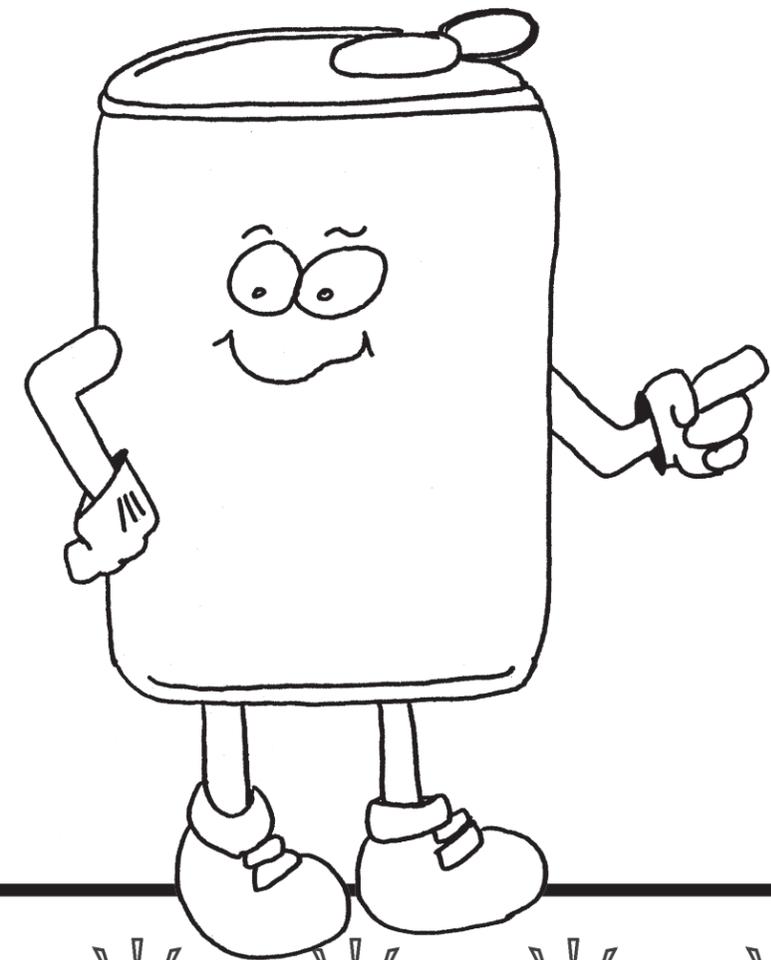
Together we make quite a band.
Remember to eat something from all parts of MyPlate and
we'll be your nutritious helping hand!



Lets get started with breads, grains,
and cereals. We're classics!
Make us a part of every meal.



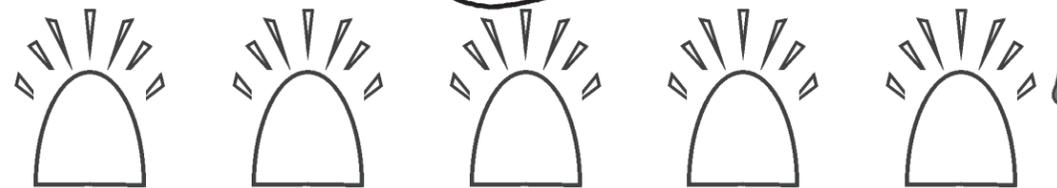
I'm Rocky Top Soda. Even I say fats,
sodas, and sweets should be limited to treats.
Too much of us can ruin your supper
and are bad for your teeth!



Shake it up! Milk is great for teeth and strong bones. Lots of calcium keeps you dancing to the tunes!



Jazz up your meals with Tooting Fruity
...make sweet music with me!
Fruits and fiber add beauty!



Hi kids, I'm Miss Broccoli, part of the vegetable family. Lots of vitamins and variety keep you hopping and rocking with me!



Cha-Cha Chicken's the name. Meat and proteins are my game. You'll really be moving when you eat some every day!

