

A circular white ribbon with a blue border and a blue ribbon tail. The text "MyPlate Champion" is written in yellow and orange.

**MyPlate
Champion**

MyPlate Pledge for

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

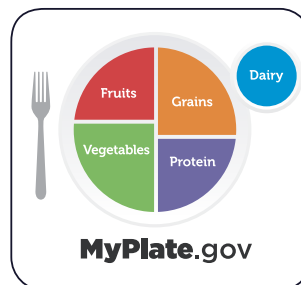
I pledge MyPlate!

Everyday I will:

Eat more fruits and veggies.

Try whole grains.

Re-think my drink.



Focus on lean protein.

Slow down on sweets.

Be active my way.