RUTGERS
New Jersey Agricultural Experiment Station

Get Moving - Get Healthy New Jersey with FCHS

How's This for a Shopping List?

Let ChooseMyPlate Be Your Guide!
Make copies and use every time you grocery shop.

Grains Granos	Vegetables Vegetales	Fruits Frutas	Oils Aceite	Dairy Productos Lácteos	Protein Proteína
whole wheat bread	broccoli	blueberries	olive oil	skim milk	lean turkey

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