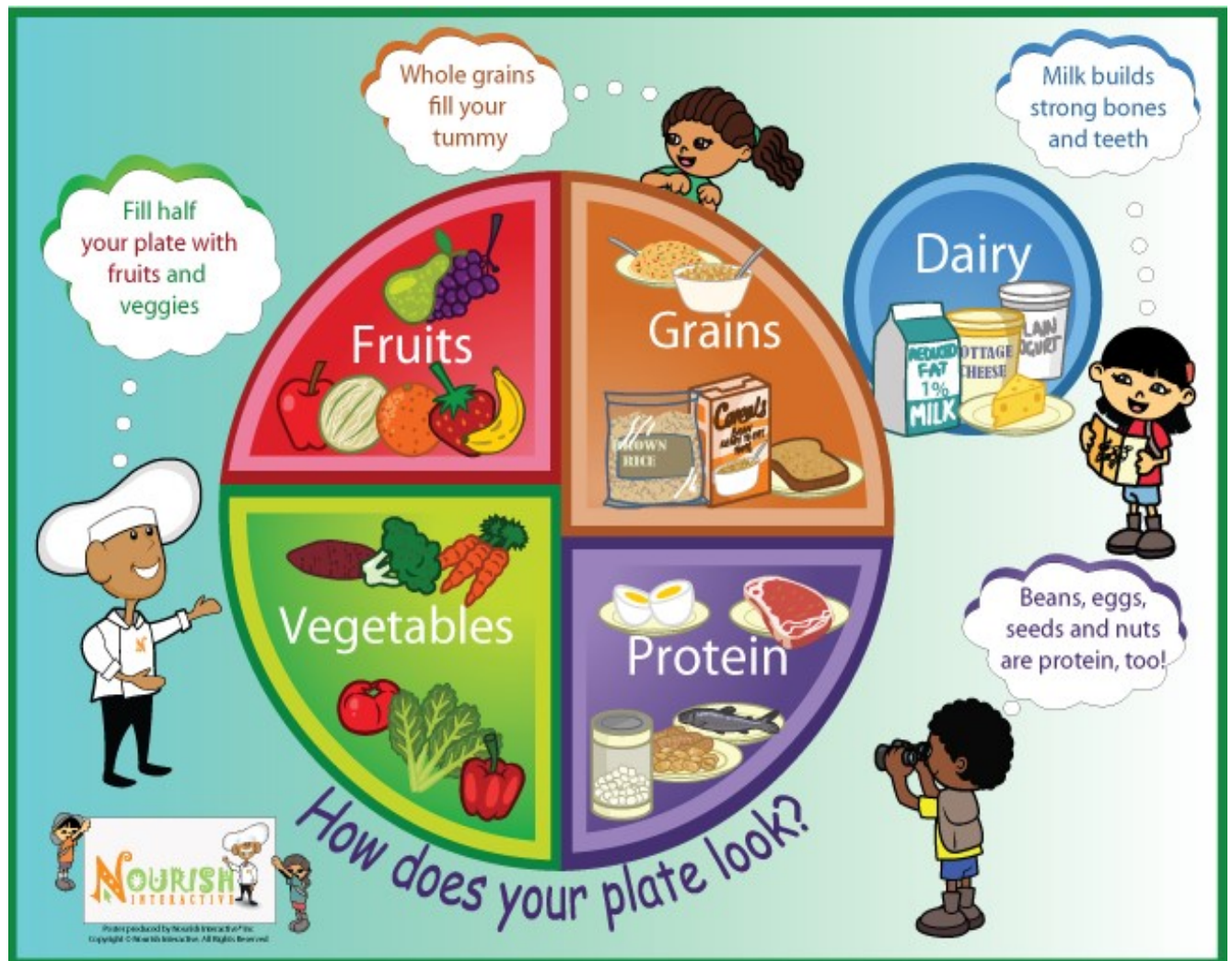


How do I make a **healthy** sandwich?



Choose a variety of foods!

Look at the MyPlate and find an item from each part of the plate!

Select a whole grain and don't forget the fruits and vegetables!