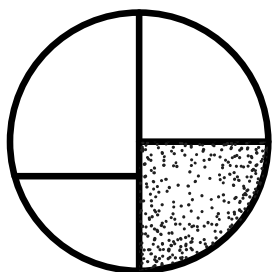


GRAINS AT THE BEACH



3

5



RELISH celebrates the enjoyment of nutrition through a collection of posters inspired by *The Healthy Eating Plate*, a guide developed by *Harvard School of Public Health* for creating balanced meals.

Remember to make $\frac{1}{4}$ of your plate grains every meal.

Fill in the blank: I eat _____ to stay strong and healthy! Choose from the grains at the beach!

This poster was brought to you by:

