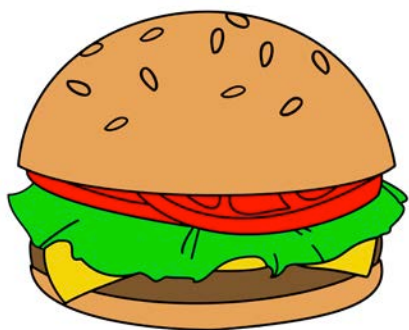
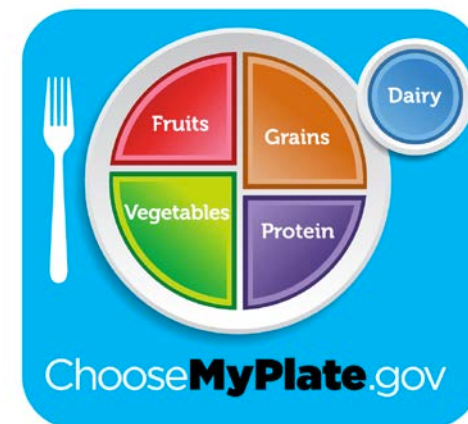


## Your Perfect Backyard BBQ

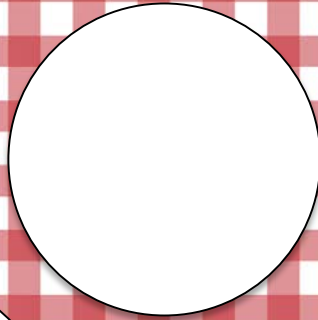
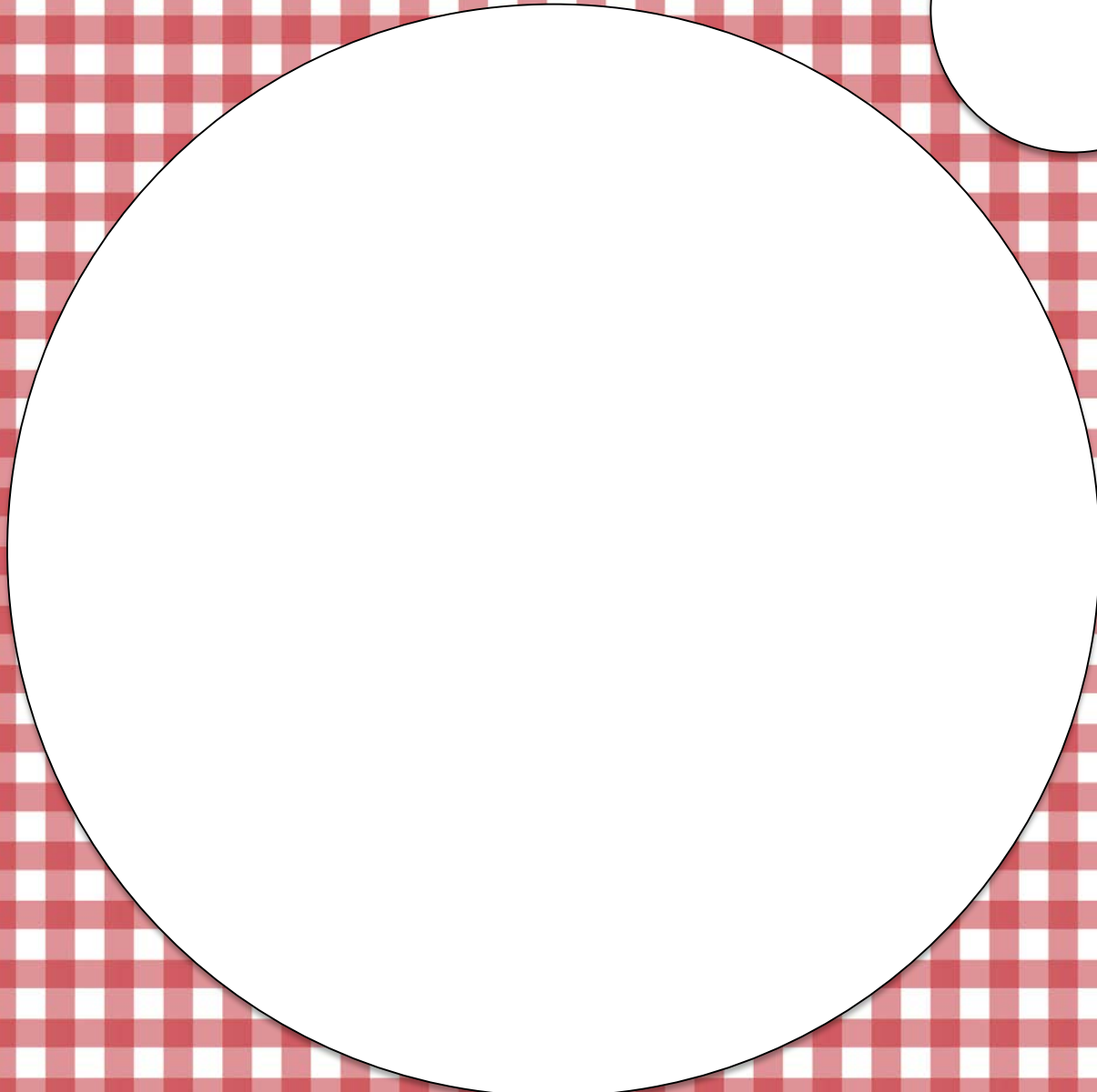


During the summer, many Americans gather for cookouts or barbecues to celebrate holidays like Memorial Day, the Fourth of July and Labor Day, or even just to celebrate the warm weather! Cookouts are a great time to see friends and family, play outdoor games and eat delicious food. The variety of food served at cookouts makes it easy to create a balanced meal!

MyPlate is a diagram that shows us how to balance our meals to make sure we're getting enough healthy food in our diets. Half of the plate should be a rainbow of fruits and vegetables, which give us lots of vitamins, a quarter (1/4) should be protein (beef, chicken, nuts, eggs and fish!), which helps build our muscles, and another quarter (1/4) should be grains like bread, rice or oats that keep us full.



Create your perfect balanced backyard BBQ plate! There are so many foods you can have at a cookout—choose a healthy option from each food group and draw your choices in the plate below to create a BBQ masterpiece! Don't forget to make half of your plate fruits and veggies and put some refreshing water or cold milk in your cup!



**Fruits (pick 1)**

- Watermelon
- Fresh fruit kabob
- Orange slices

**Vegetables (pick 2)**

- Corn on the cob
- Salad
- Carrots and celery
- Lettuce and tomato

**Protein (pick 1)**

- Hamburger
- Hot dog
- Grilled chicken
- Tofu

**Grains (pick 1)**

- Hot dog bun
- Hamburger bun
- Pasta salad

**Dairy (pick 1)**

- Ice cold milk
- Slice of cheddar cheese