

1. [www.choosemyplate.gov](http://www.choosemyplate.gov)
2. Pull down SuperTracker & Other Tools bar
3. Click on Daily Food Plans
4. Again click on Daily Food Plans
5. Enter information and submit
6. Print off copy of food plan
7. Click on a "Healthy Eating Tip" and write 3-5 sentences about one thing you learned, on the back of your Daily Food Plan

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