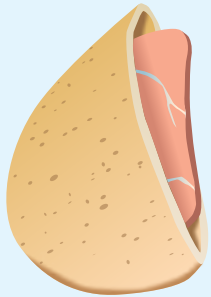


Friendship Pocket

1 Pick a Protein Food



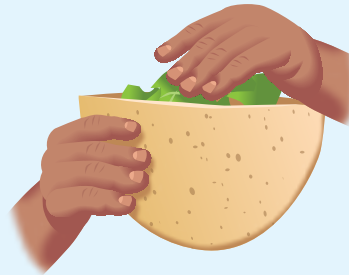
Fold a slice of turkey or ham. Put it in the pita pocket.

2 Veggie Time



Tear lettuce or spinach.

3 Greens Are Good



Add greens to pita.

4 Choose a Cheese



Put cheese inside pita.

5 Fruit Is Fun

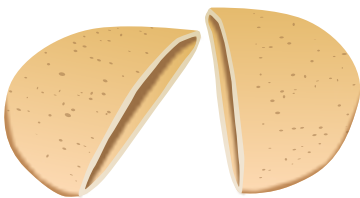


Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

Ingredients

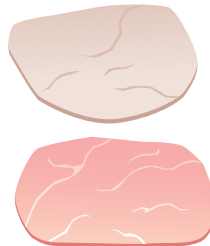
Grain

whole-wheat pita bread



Protein Food

turkey or ham



Vegetable

lettuce or spinach



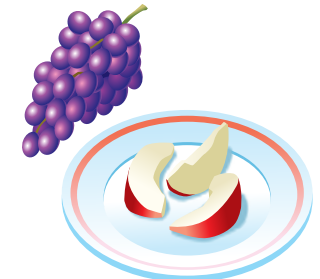
Dairy

low-fat yellow or white cheese



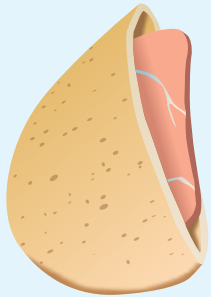
Fruit

apple slices or grapes



El bolsillo de la amistad

1 Elige un alimento rico en proteína



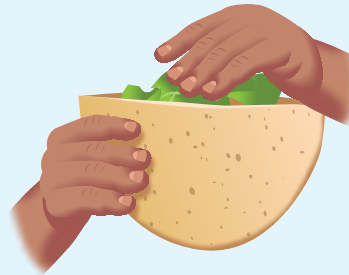
Dobla una rebanada de pavo o jamón. Ponlo dentro del bolsillo del pan pita.

2 La hora de los vegetales



Parte la lechuga o espinaca.

3 Los vegetales verdes son buenos para ti



Agrega la lechuga o espinaca al bolsillo del pan pita.

4 Elige un tipo de queso



Pon el queso dentro del bolsillo del pan pita.

5 Las frutas son divertidas

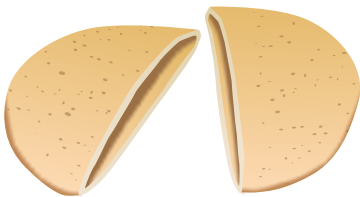


Come manzanas o uvas con tu pan pita. Disfruta de tu comida **MiPlato** con tus amigos.

Ingredientes

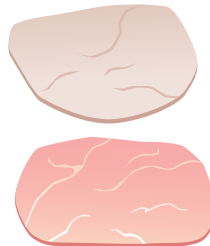
Grano

pan pita integral



Proteína

pavo o jamón



Vegetales

lechuga o espinaca



Lácteo

queso amarillo o blanco bajo en grasa



Frutas

rebanadas de manzana o uvas

