Make a Healthy Plate

1/2
Fruits & Vegetables

1/4
Whole Grain

1/4
Lean Protein

Milk

Water

The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at http://danr.ucop.edu/aa/danr_nondiscrimination_and_affir.htm)

Direct inquiries regarding the University’s nondiscrimination policies to the Affirmative Action Director, University of California, ANR, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.
Hacer un Plato Saludable

1/2
Frutas y Vegetales

1/4
Granos Integrales

1/4
Proteina Sin Grasa

Leche

Agua

The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at http://danr.ucop.edu/aa/danr_nondiscrimination_and_affir.htm ) Direct inquiries regarding the University’s nondiscrimination policies to the Affirmative Action Director, University of California, ANR, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-6096.
The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at http://danr.ucop.edu/aa/danr_nondiscrimination_and_affir.htm)

Direct inquiries regarding the University’s nondiscrimination policies to the Affirmative Action Director, University of California, ANR, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.