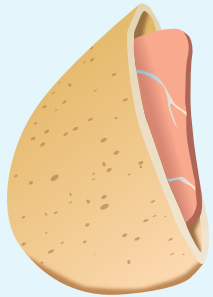


# Friendship Pocket

## 1 Pick a Protein Food



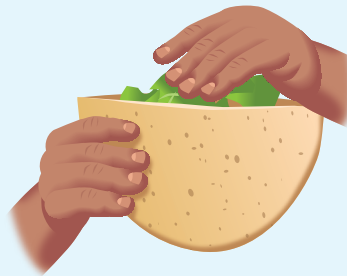
Fold a slice of turkey or ham. Put it in the pita pocket.

## 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

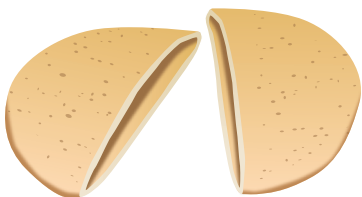


Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

## Ingredients

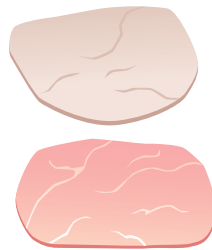
### Grains

whole-wheat pita bread



### Protein Foods

turkey or ham



### Vegetables

lettuce or spinach



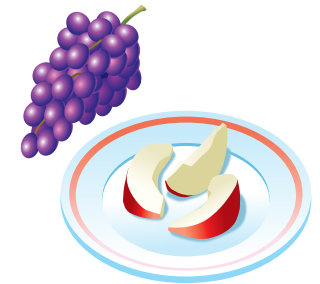
### Dairy

low-fat yellow or white cheese



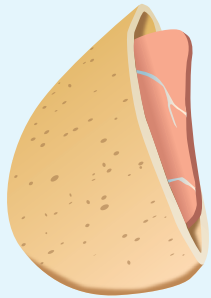
### Fruits

apple slices or grapes



# El bolsillo de la amistad

**1** Elige un alimento rico en proteína



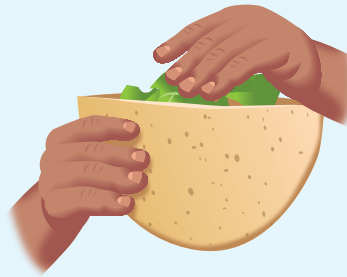
Dobla una rebanada de pavo o jamón. Ponlo dentro del bolsillo del pan pita.

**2** La hora de los vegetales



Parte la lechuga o la espinaca.

**3** Los vegetales verdes son buenos



Agrega la lechuga o la espinaca al bolsillo del pan pita.

**4** Elige un tipo de queso



Pon el queso dentro del bolsillo del pan pita.

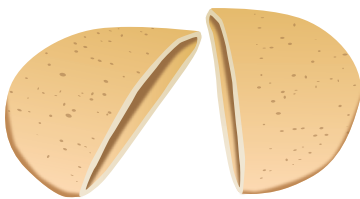
**5** Las frutas son divertidas



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

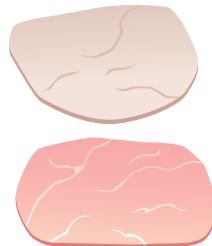
## Granos

pan pita integral



## Proteínas

pavo o jamón



## Ingredientes

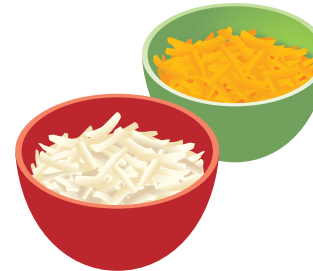
### Vegetales

lechuga o espinaca



### Lácteos

queso amarillo o blanco bajo en grasa



### Frutas

rebanadas de manzana o uvas

