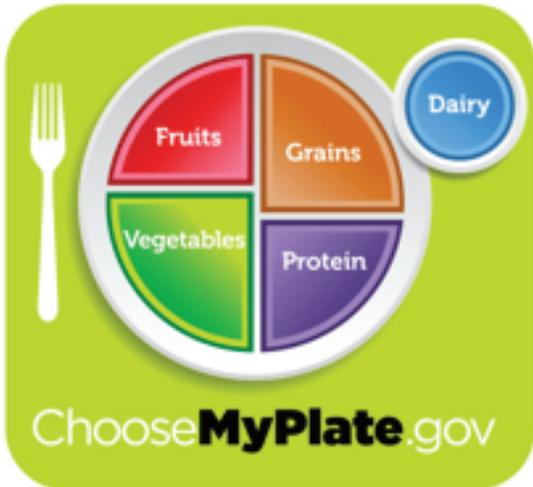


THE DOT



HOW SIMPLE IS THAT!

Some say a picture is worth a thousand words. So it stands to reason that a picture can make a complex idea seem simple. Choosing healthy foods can be complicated, but with a picture it becomes simple. The MyPlate picture makes food choices simple. Instead of counting servings or cups, just remember the picture. If you use this picture to choose your food at each meal, you will be choosing to eat healthy.



Is there a simple way to select healthy snacks? Our vending machines have a simple message—choose **GREEN** or **YELLOW** for the healthiest options. You do not have to know all the nutrition for a snack, just use the color to help you make your choice.

Follow MyPlate to Fill Your Plate

Which are better - three or six meals? The number of meals does not matter as long as you use the MyPlate picture to choose your food and control your portions. Just fill your plate with the same amounts of food represented on the MyPlate picture. No matter the size of the plate, the portion of the plate devoted to a food group is the same.

Support Your Vendor

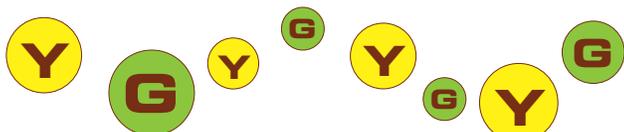
The local vending machine vendor is supporting our desire to have healthy choices in the machines. Vendors all over the country are looking at the healthier choice option. Businesses want to have satisfied customers and be profitable. We have asked for healthier choices, now we need to support the vendor by trying the new healthier items. Let the vendor know which healthier snacks you like. Have you had a **GREEN** or **YELLOW** snack today?

Vending & MyPlate

Both MyPlate and the healthiest vending options (marked **GREEN**) are built on these nutrition principles:

- Increase fruits and vegetables
- Increase whole grain foods
- Choose low-fat dairy foods

To find out more about MyPlate visit www.choosemyplate.gov. A personal tracker called Super Tracker is available to help you plan, analyze, and track your diet and physical activity.



GREEN  almost anytime **YELLOW**  sometimes or less often



www.nems-v.com