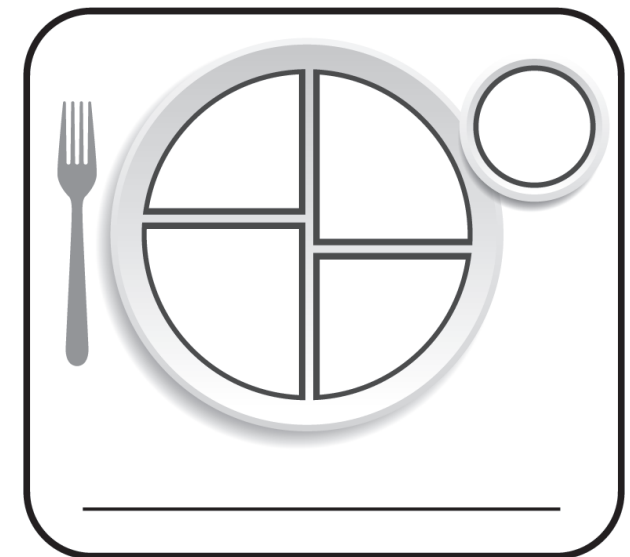
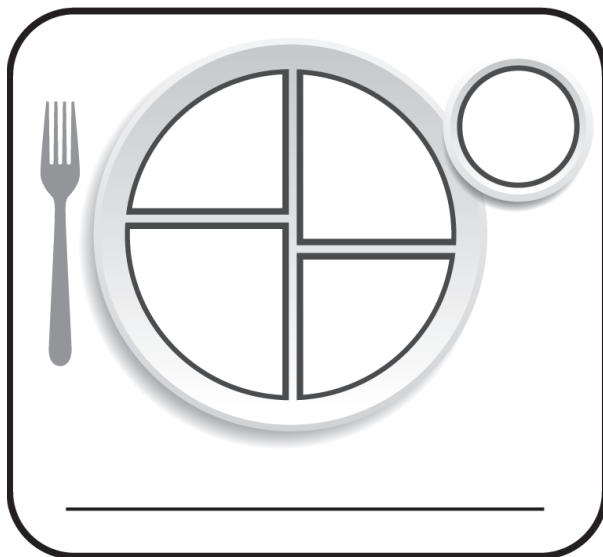
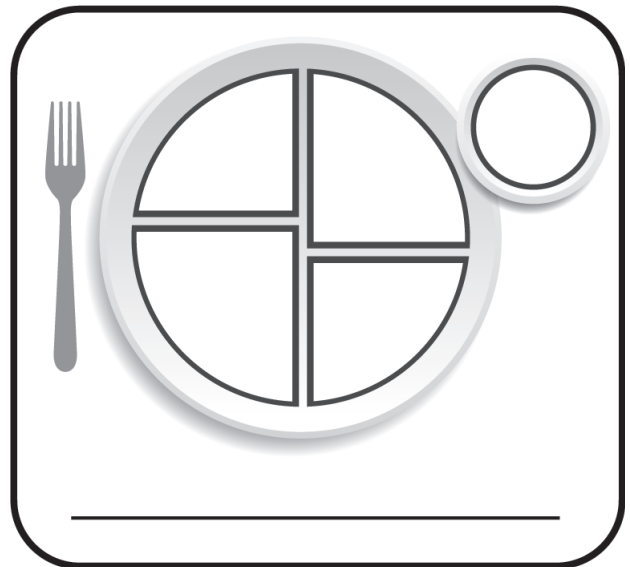
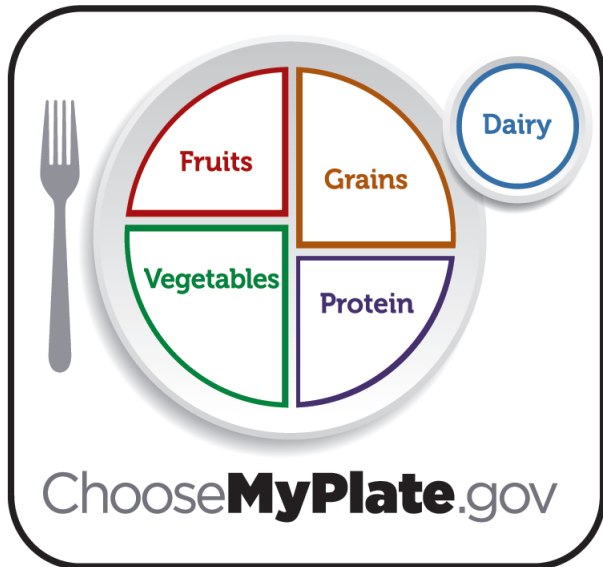


# Fad, Fiction, or Fact

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## What's in Your Diet?

Directions: Use the models below to compare MyPlate to your everyday diet or another diet that may interest you.



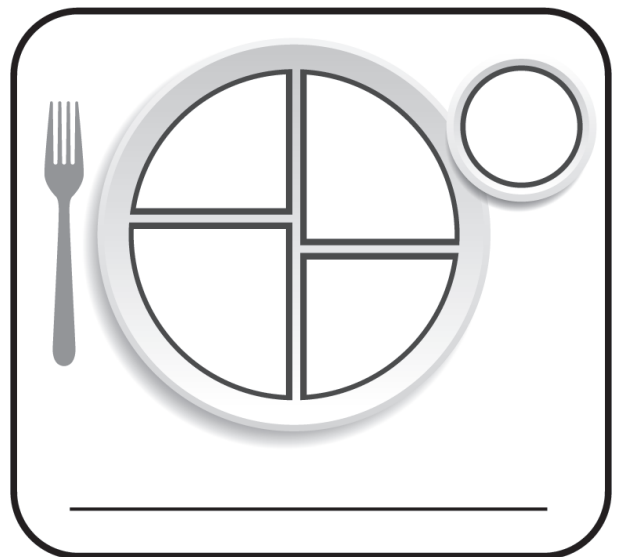
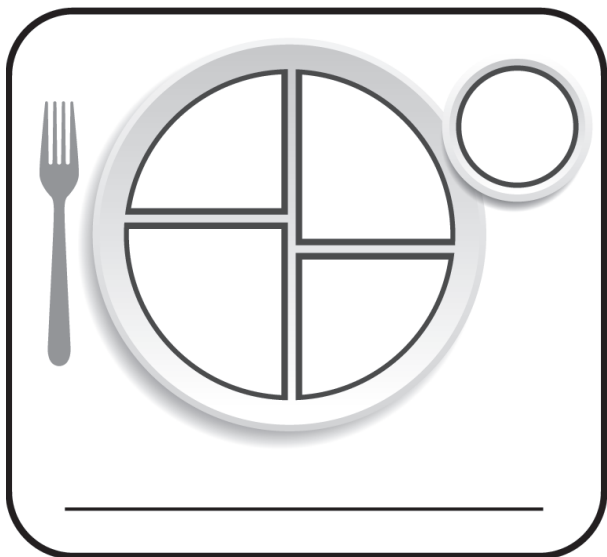
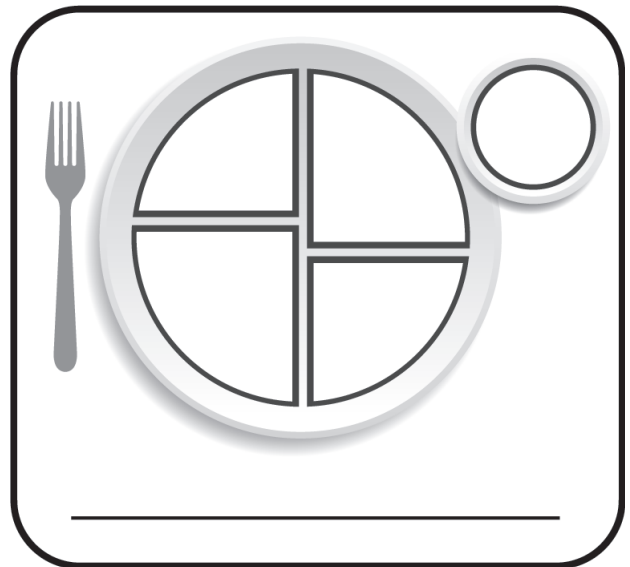
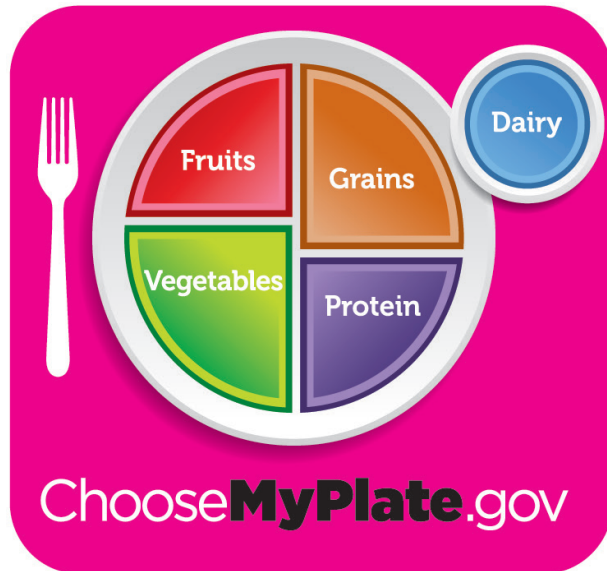
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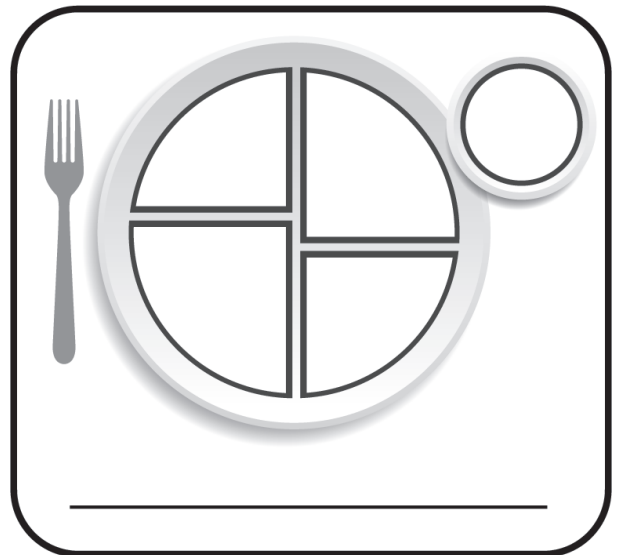
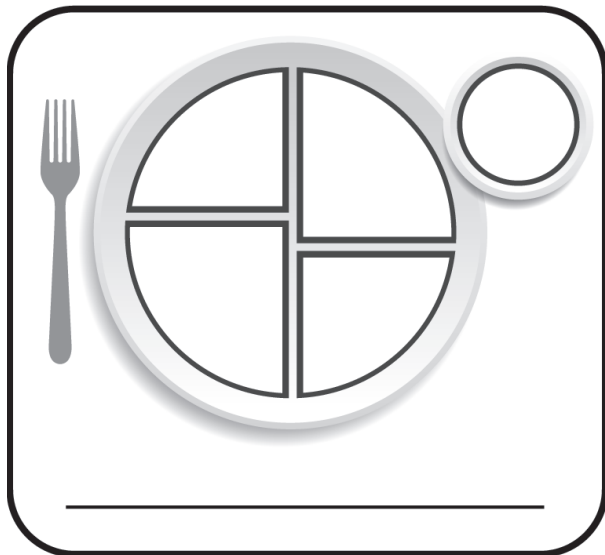
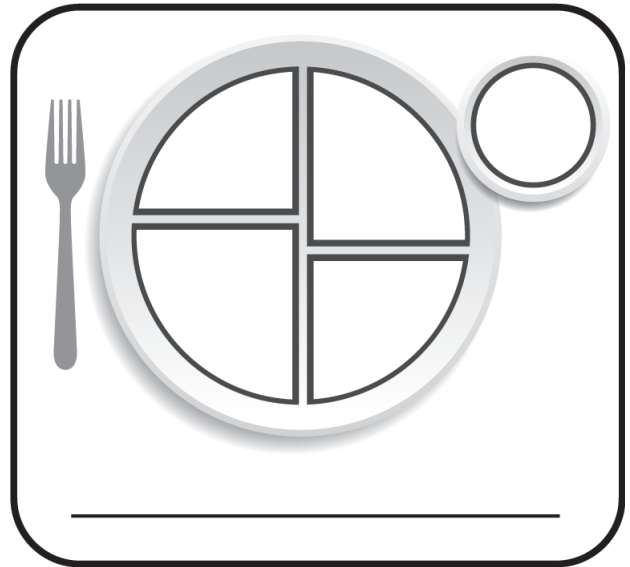
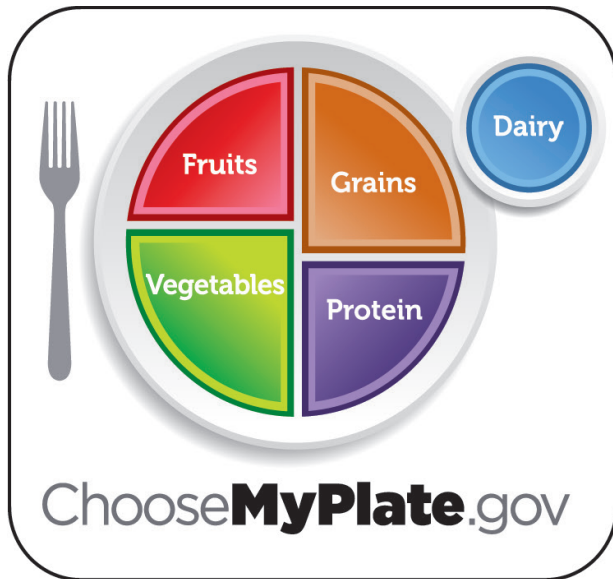
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