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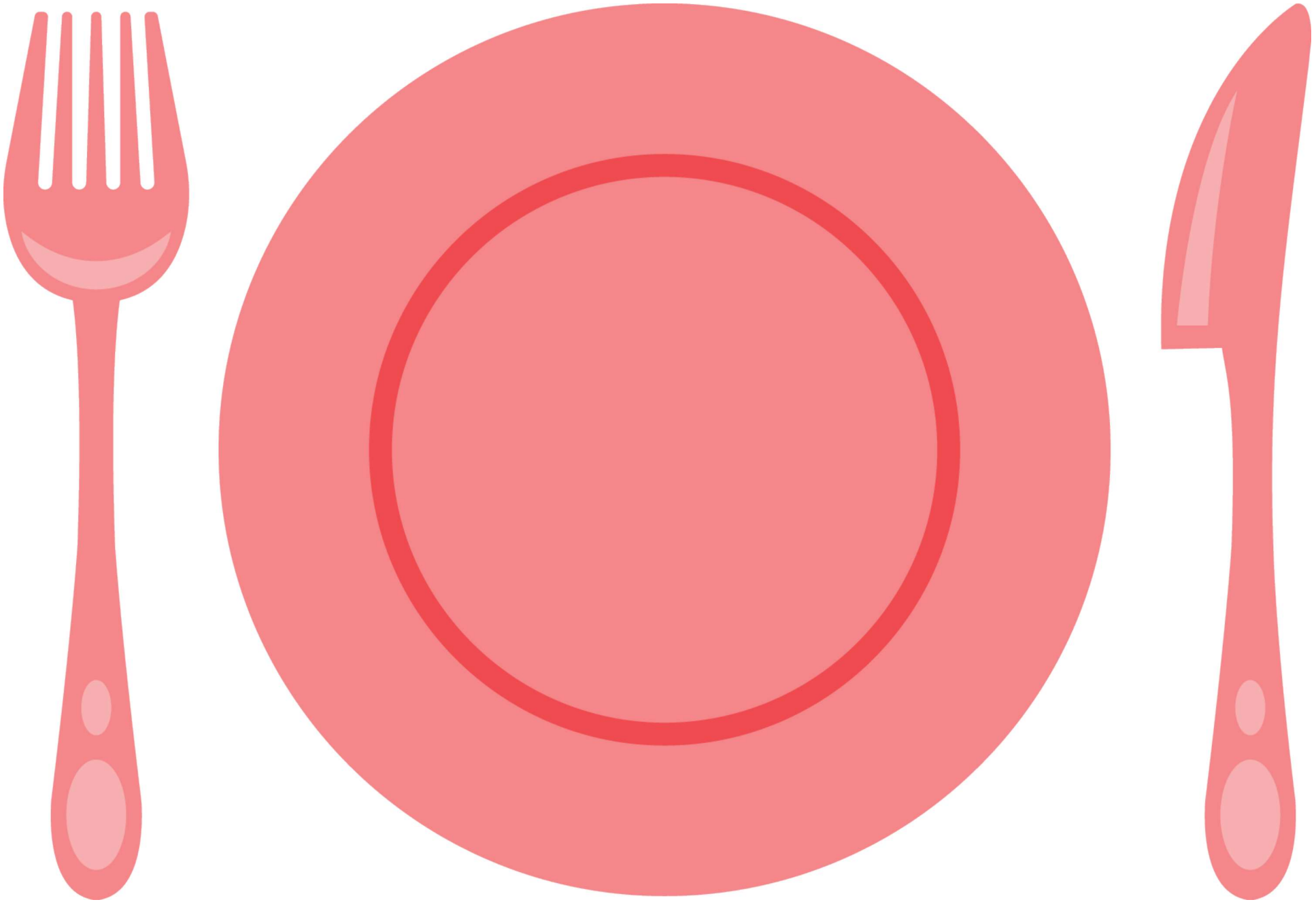

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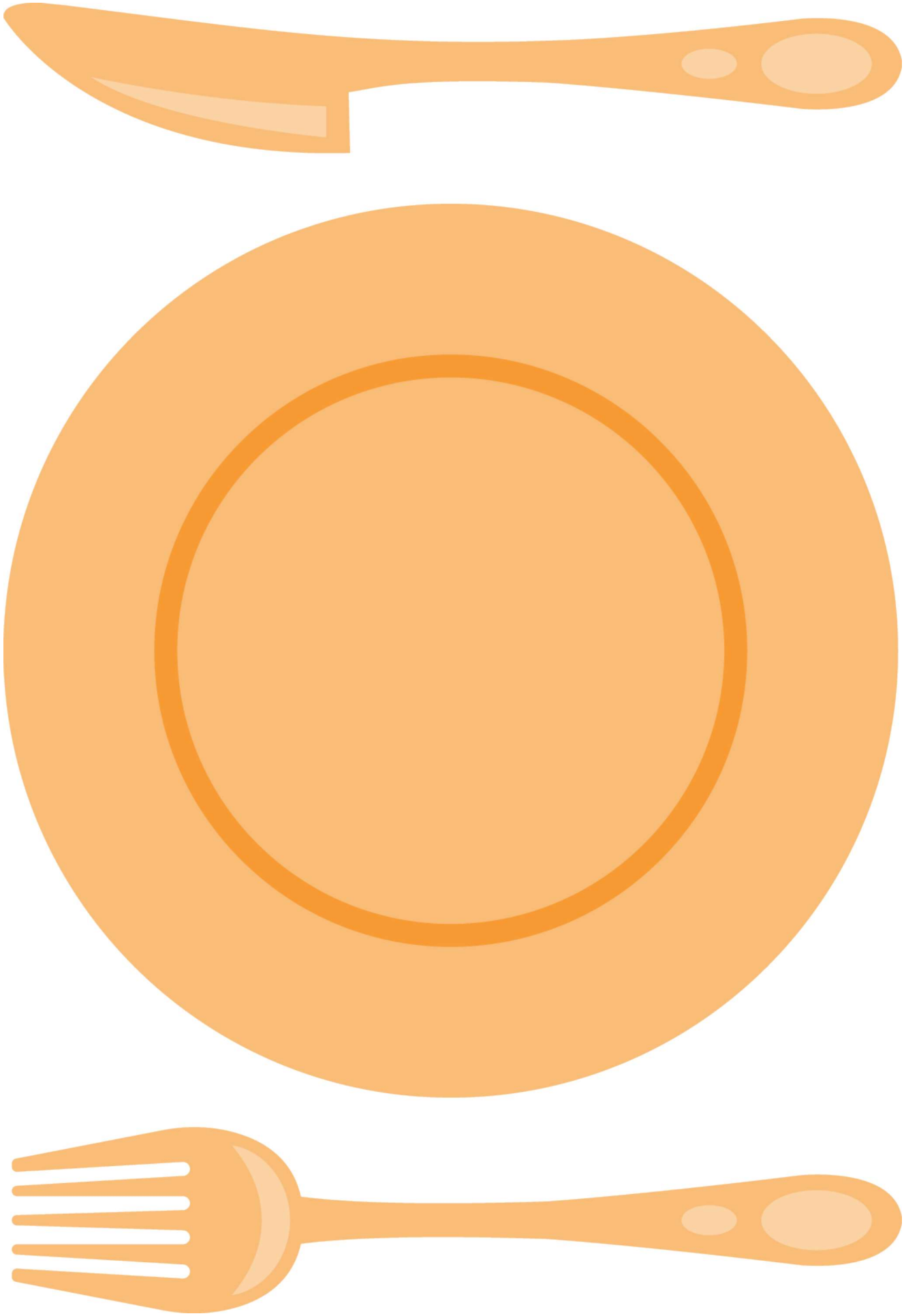

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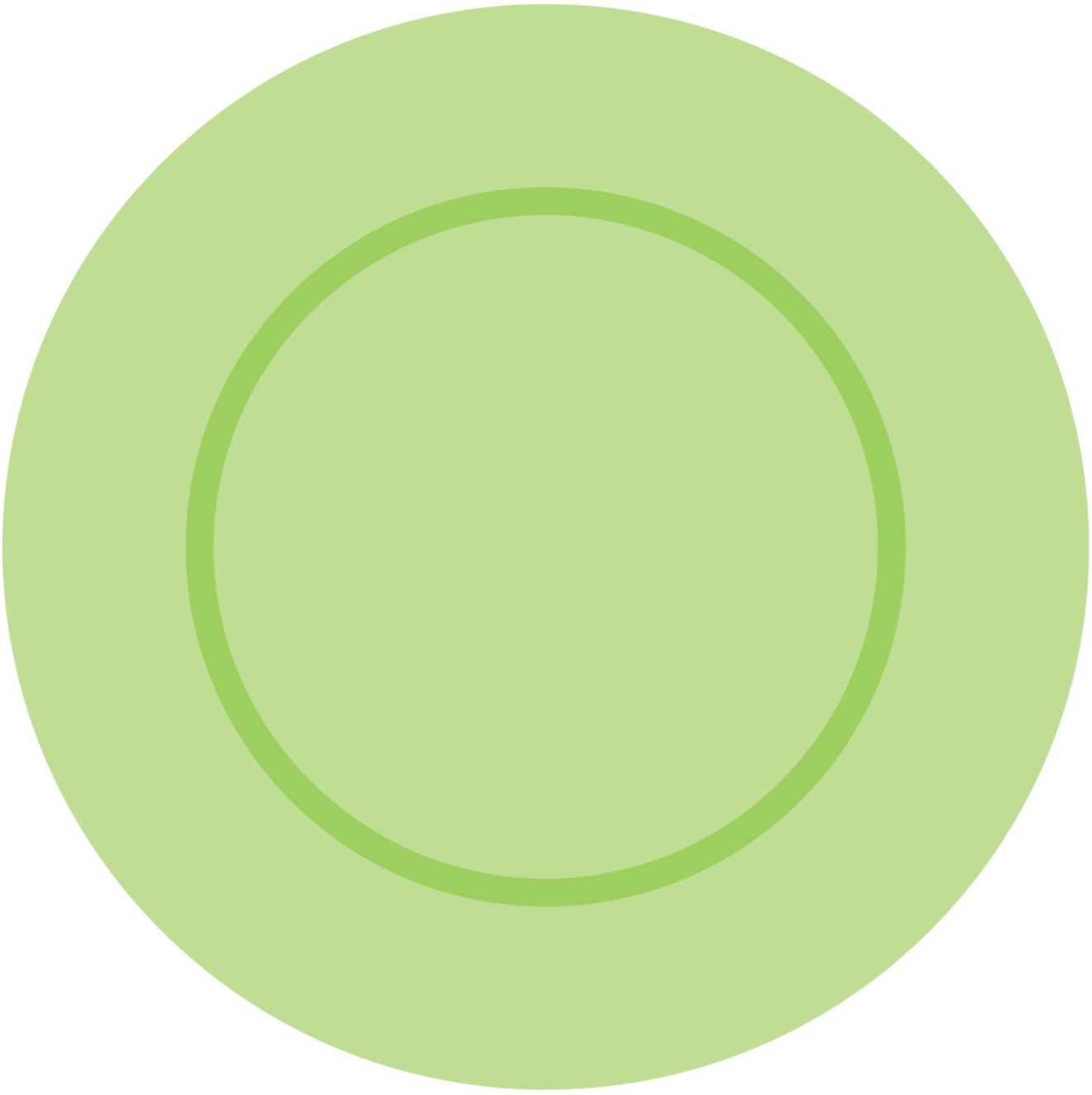

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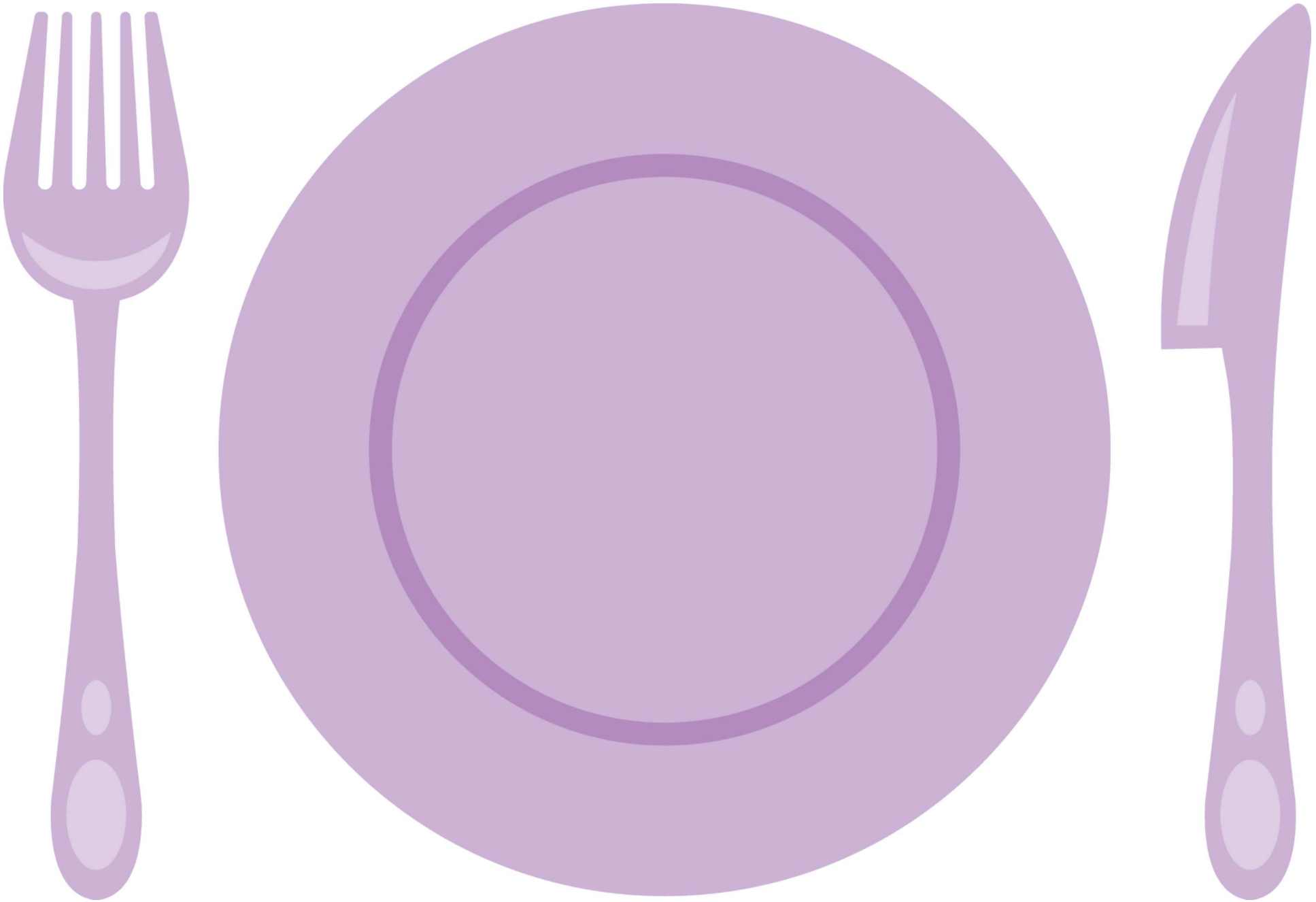

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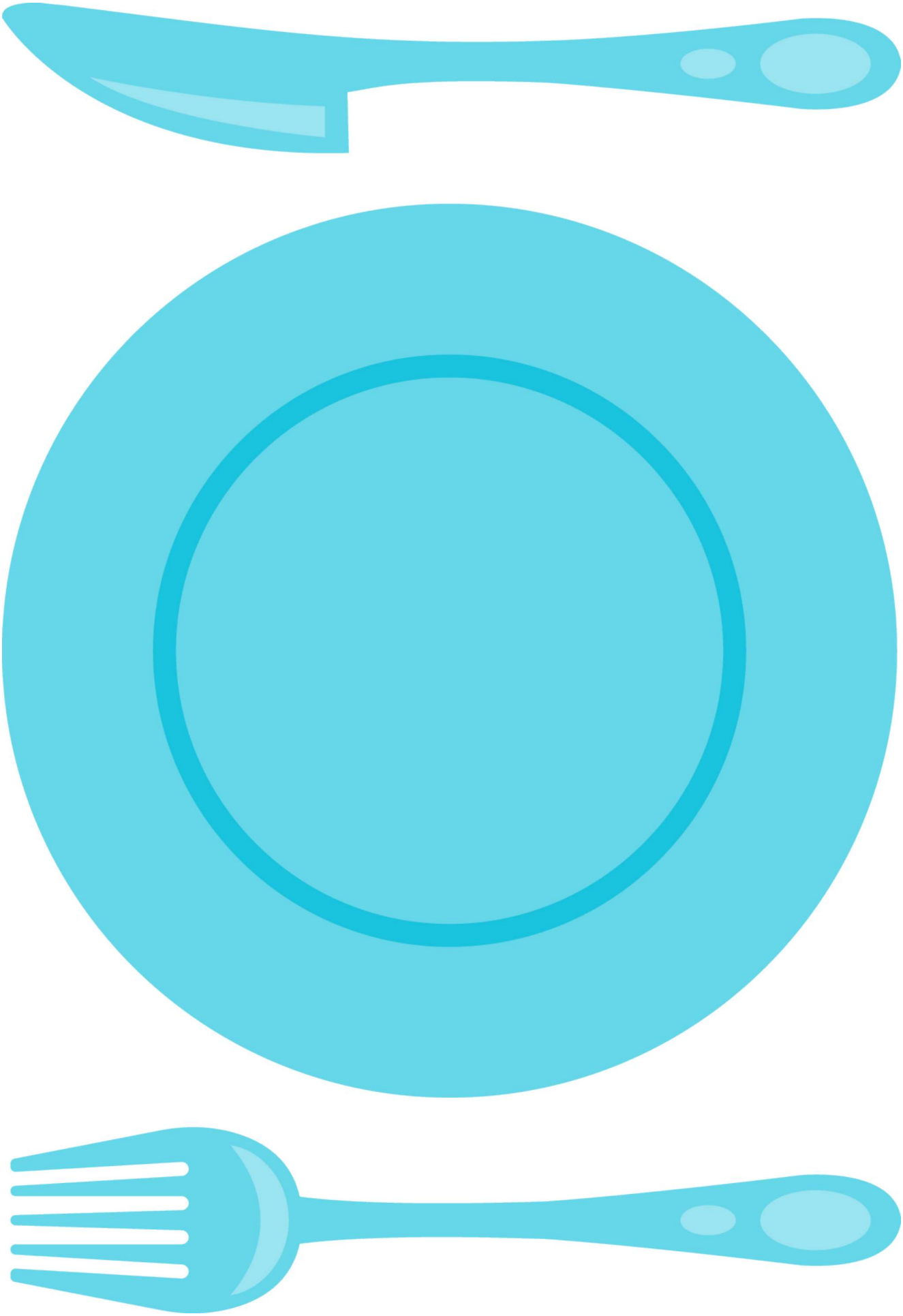

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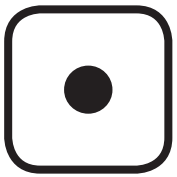
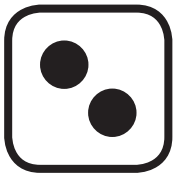
My Daily Balance



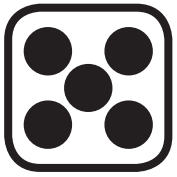
Fruits



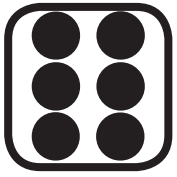
Veggies

Grains

Dairy



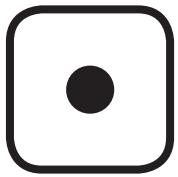
Protein



Sugars/Oils

Roll the dice to build your menu for the day! For each roll, collect the corresponding food item. Your plate can only hold 8 items total. You can trade items on your turn to create a more balanced meal. The game ends when someone declares their plate to be a balanced daily diet. As a group, discuss each person's plate selections, decide which is the healthiest and choose a winner!

My Daily Balance



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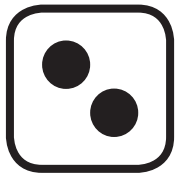

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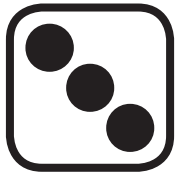
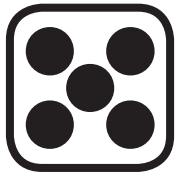
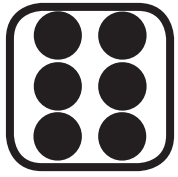


Grains

Dairy



Protein



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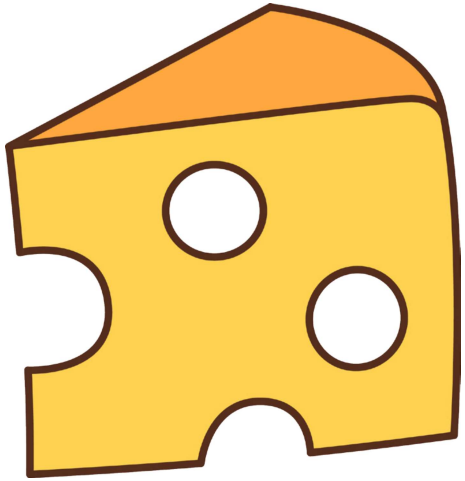

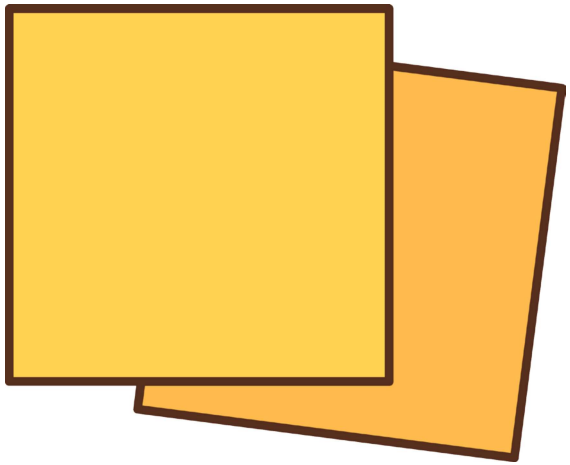

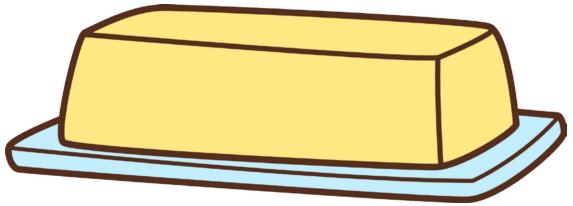

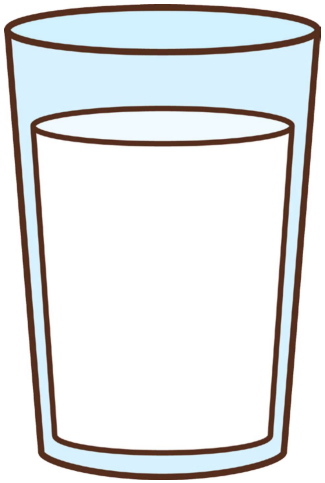

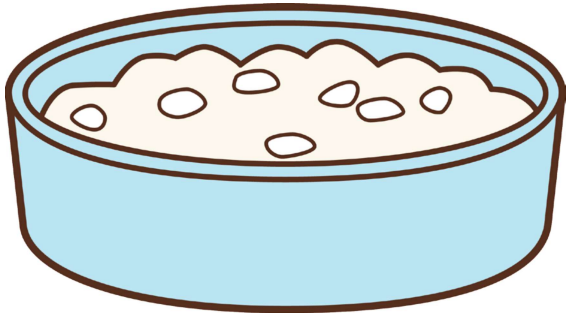

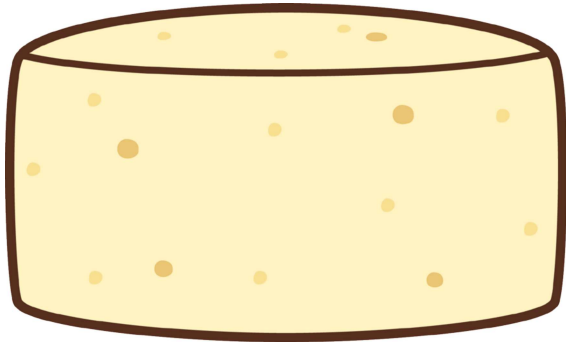

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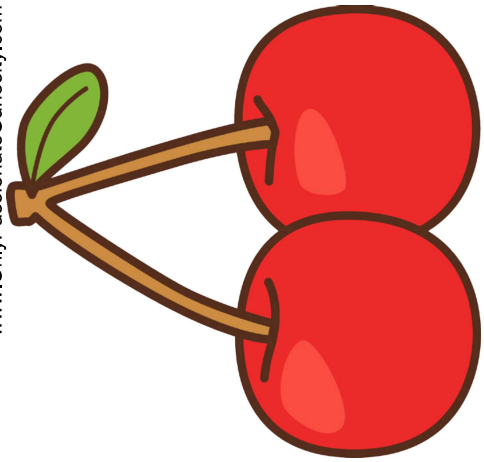

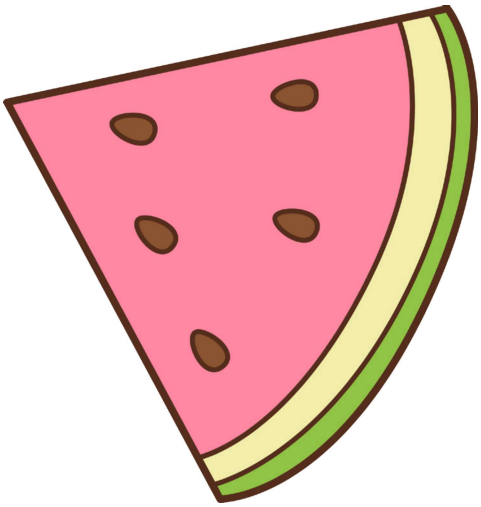

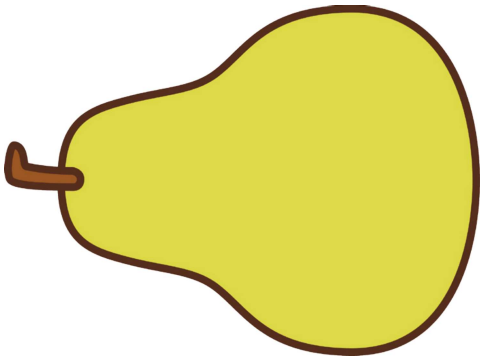

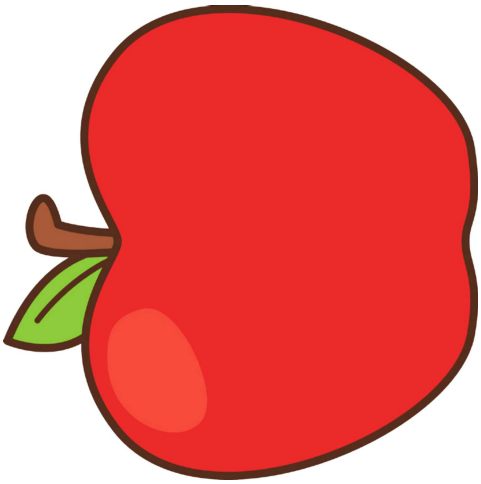

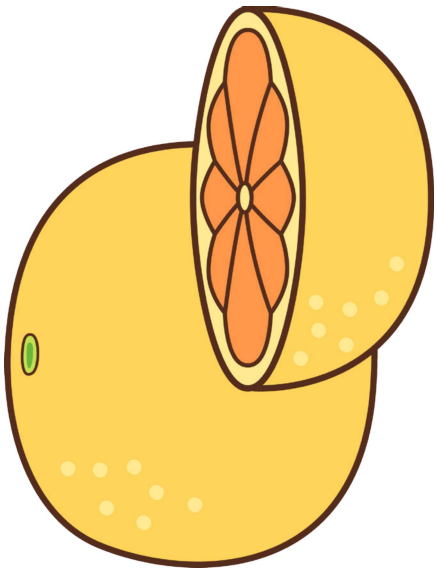

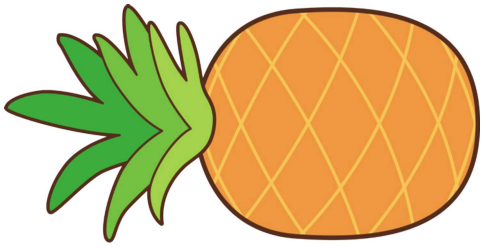

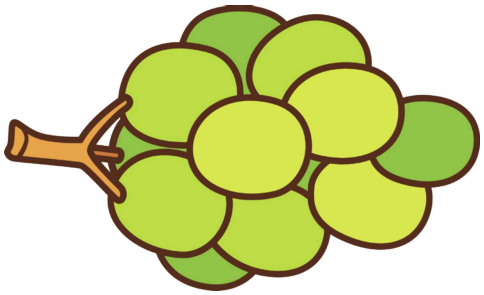

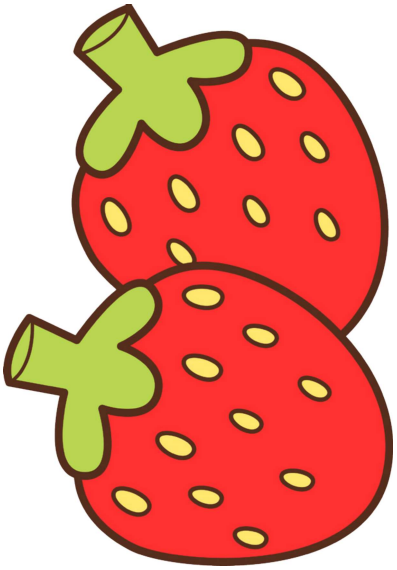

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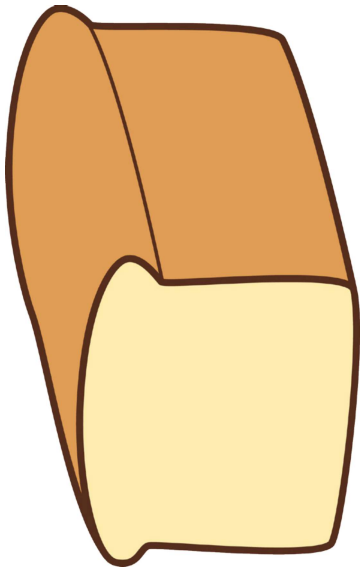

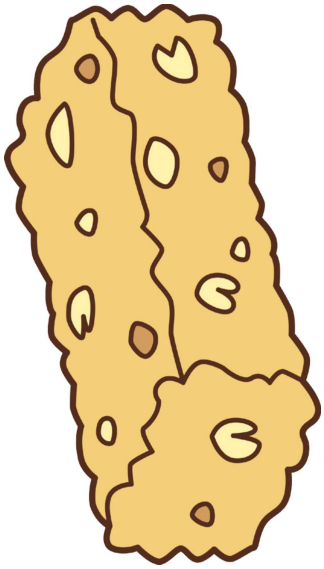

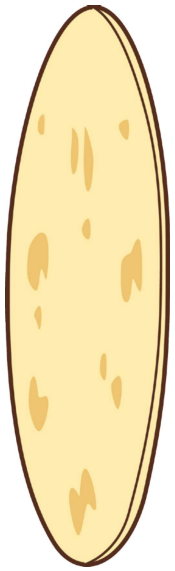

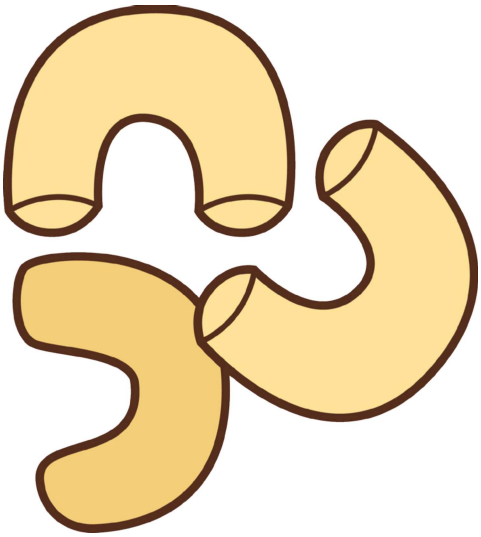

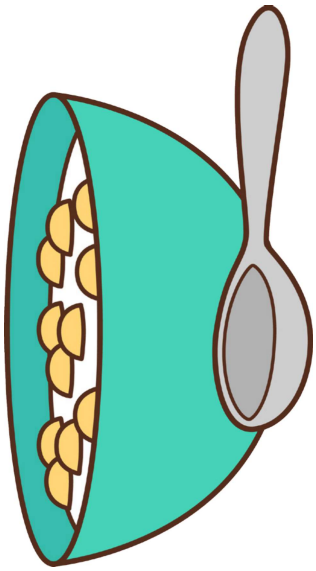

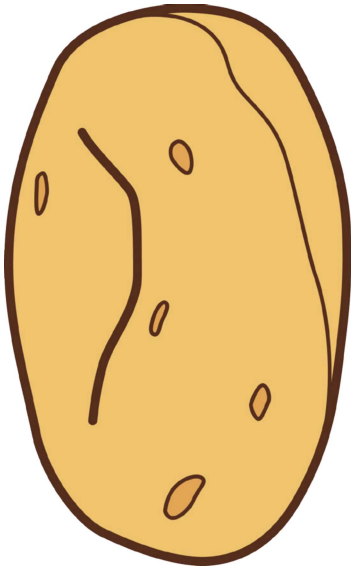

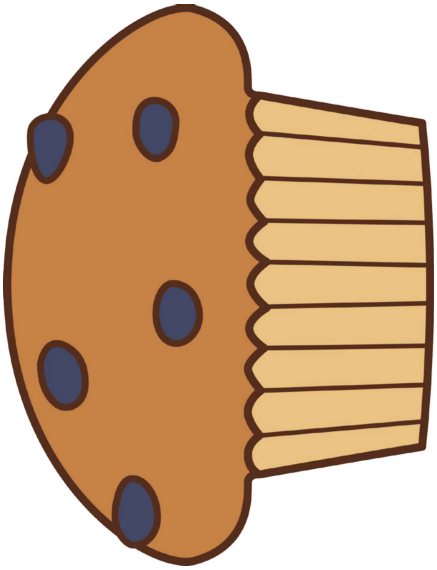

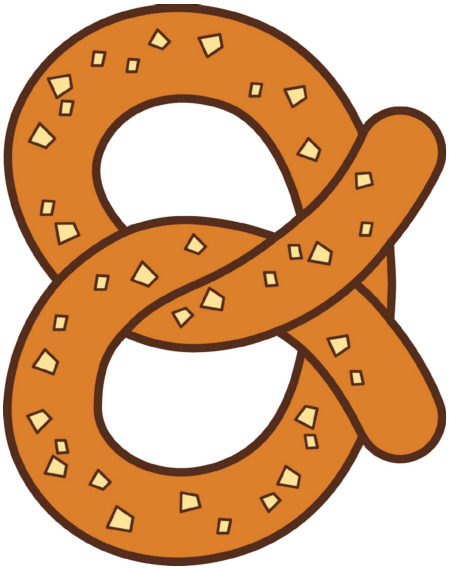

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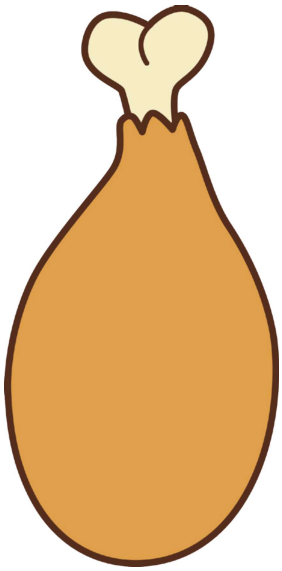

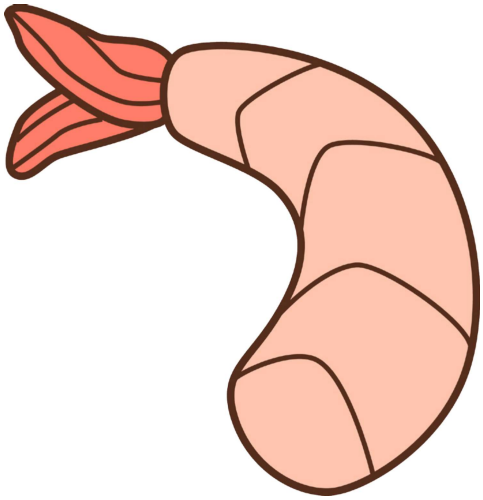

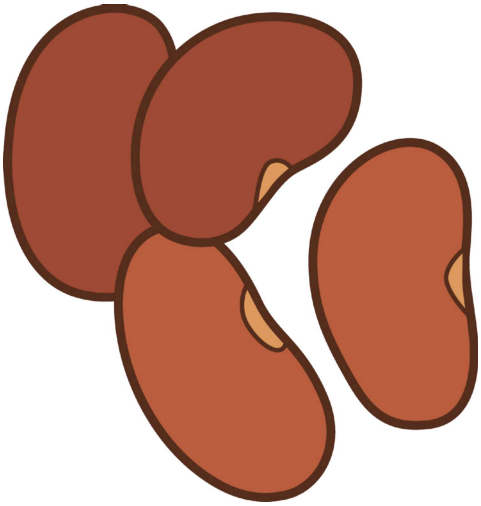

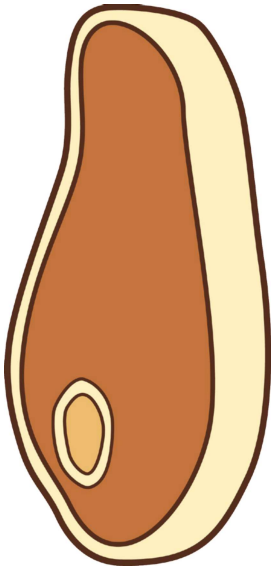

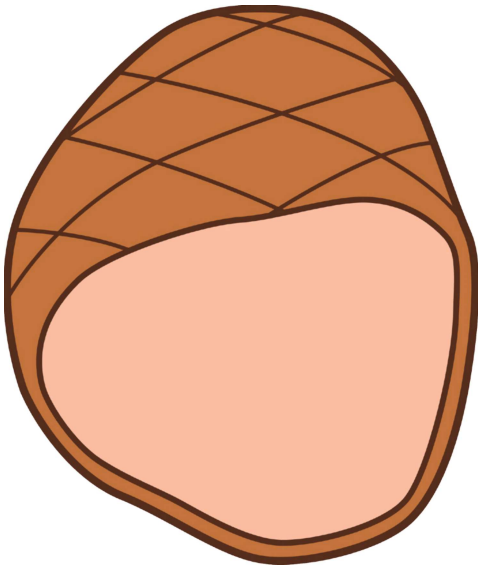

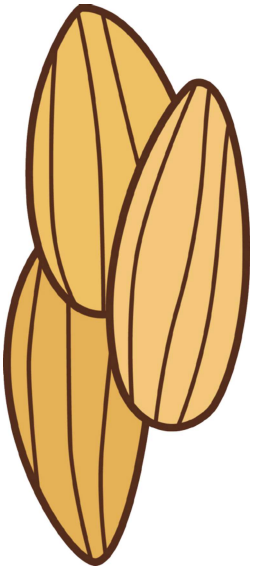

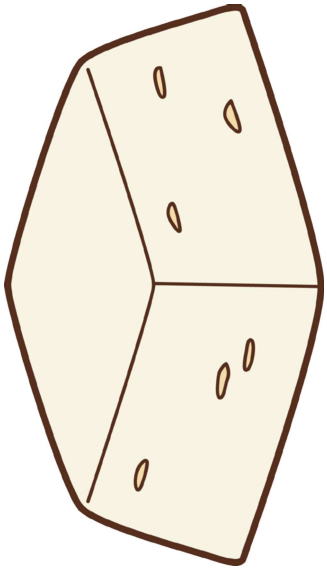

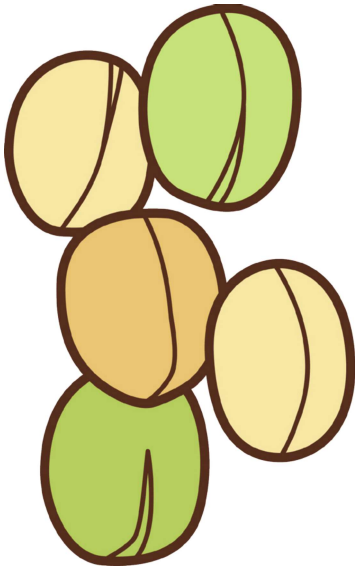

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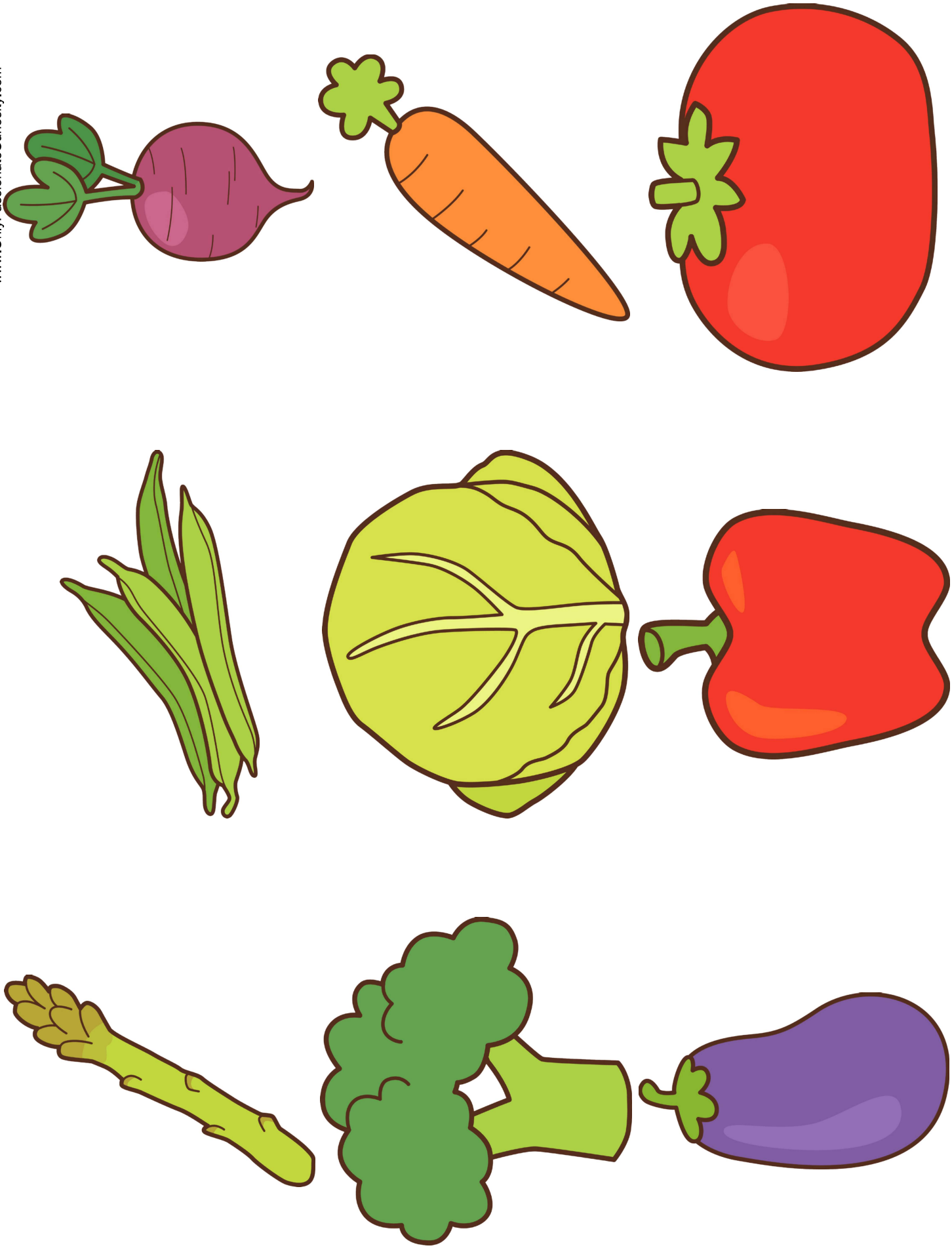
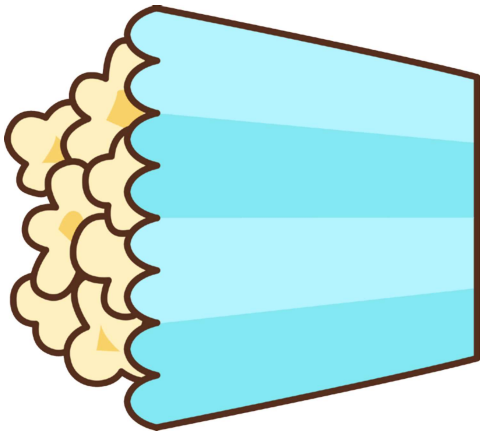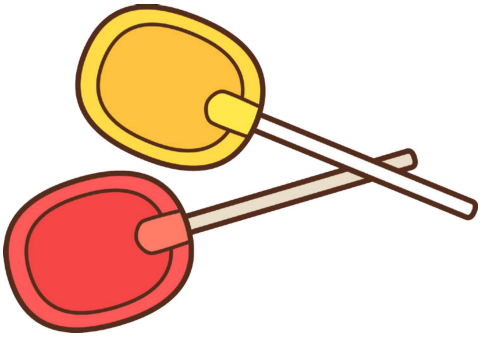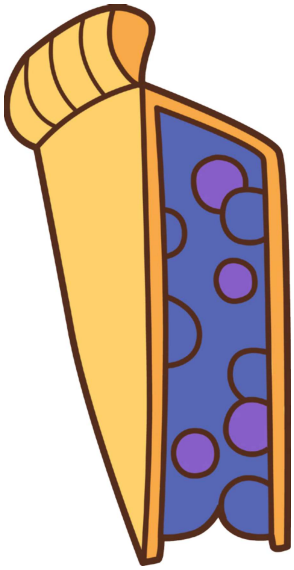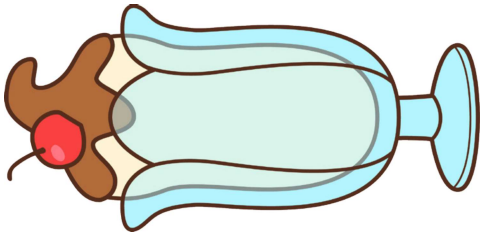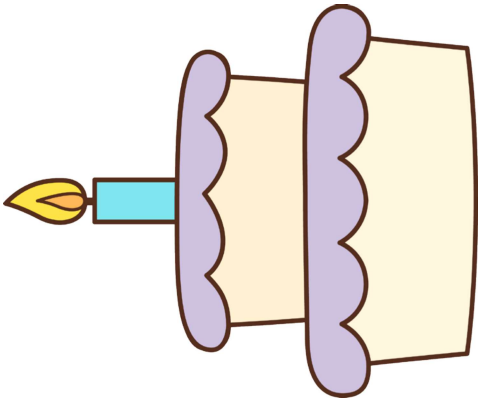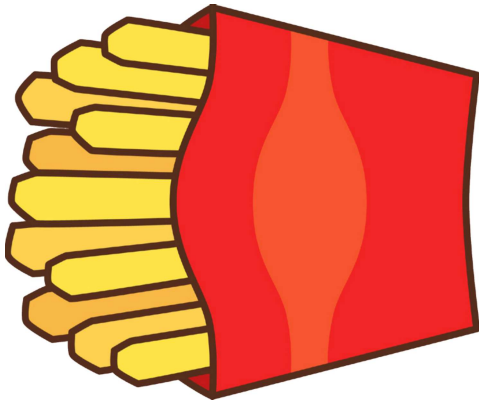
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