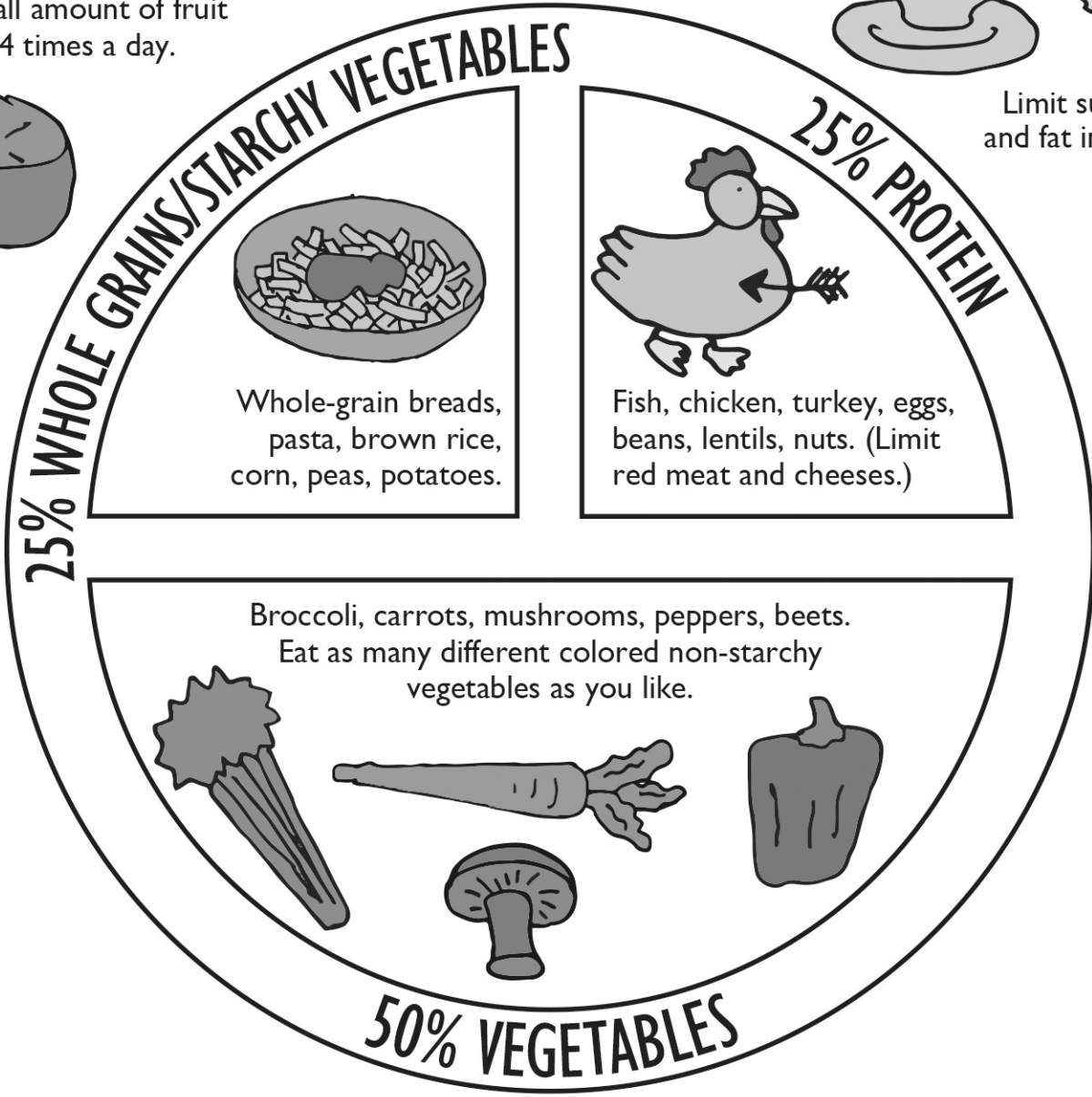
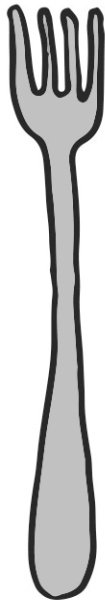
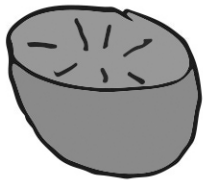


# HEALTHY EATING PLATE

Eat a small amount of fruit  
3 to 4 times a day.

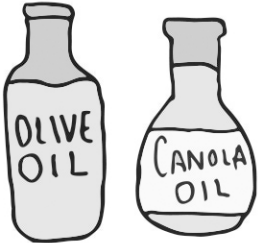


Limit sugar, salt,  
and fat in all meals.



←————— Nine-inch Plate —————→

Be active  
every day!



Use healthy oils  
(Limit Butter.)