Healthy Eating Plate

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

- **25% Whole Grains/Starchy Vegetables**
  - Whole-grain breads, pasta, brown rice, corn, peas, potatoes.

- **25% Protein**
  - Fish, chicken, turkey, eggs, beans, lentils, nuts. (Limit red meat and cheeses.)

- **50% Vegetables**
  - Broccoli, carrots, mushrooms, peppers, beets.
  - Eat as many different colored non-starchy vegetables as you like.

- **Limit sugar, salt, and fat in all meals.**

Nine-inch Plate

- Be active every day!
- Use healthy oils (Limit Butter.)

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