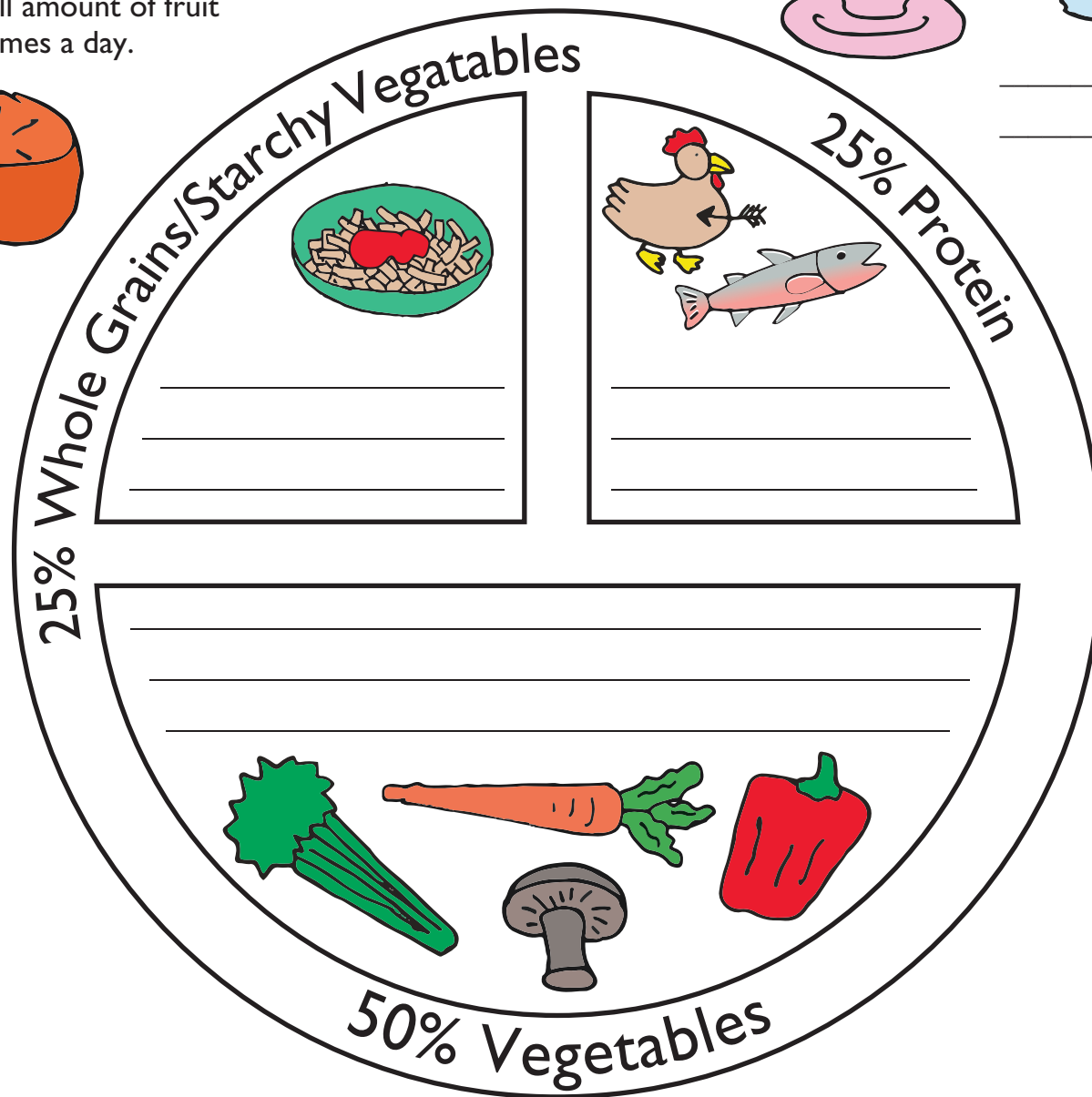
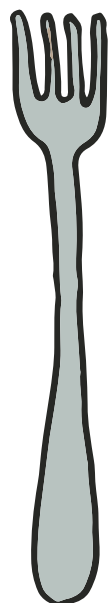
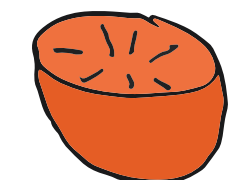


# HEALTHY EATING PLATE

## MAKE YOUR OWN

Eat a small amount of fruit  
\_\_\_\_\_ times a day.



←————— Nine-Inch Plate —————→



Limit sugar,  
salt, and fat in  
all meals.



Be active  
every day!



Use healthy oils  
(Limit butter.)