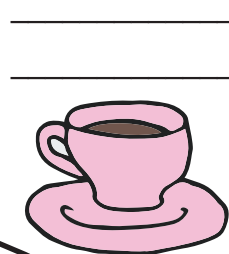
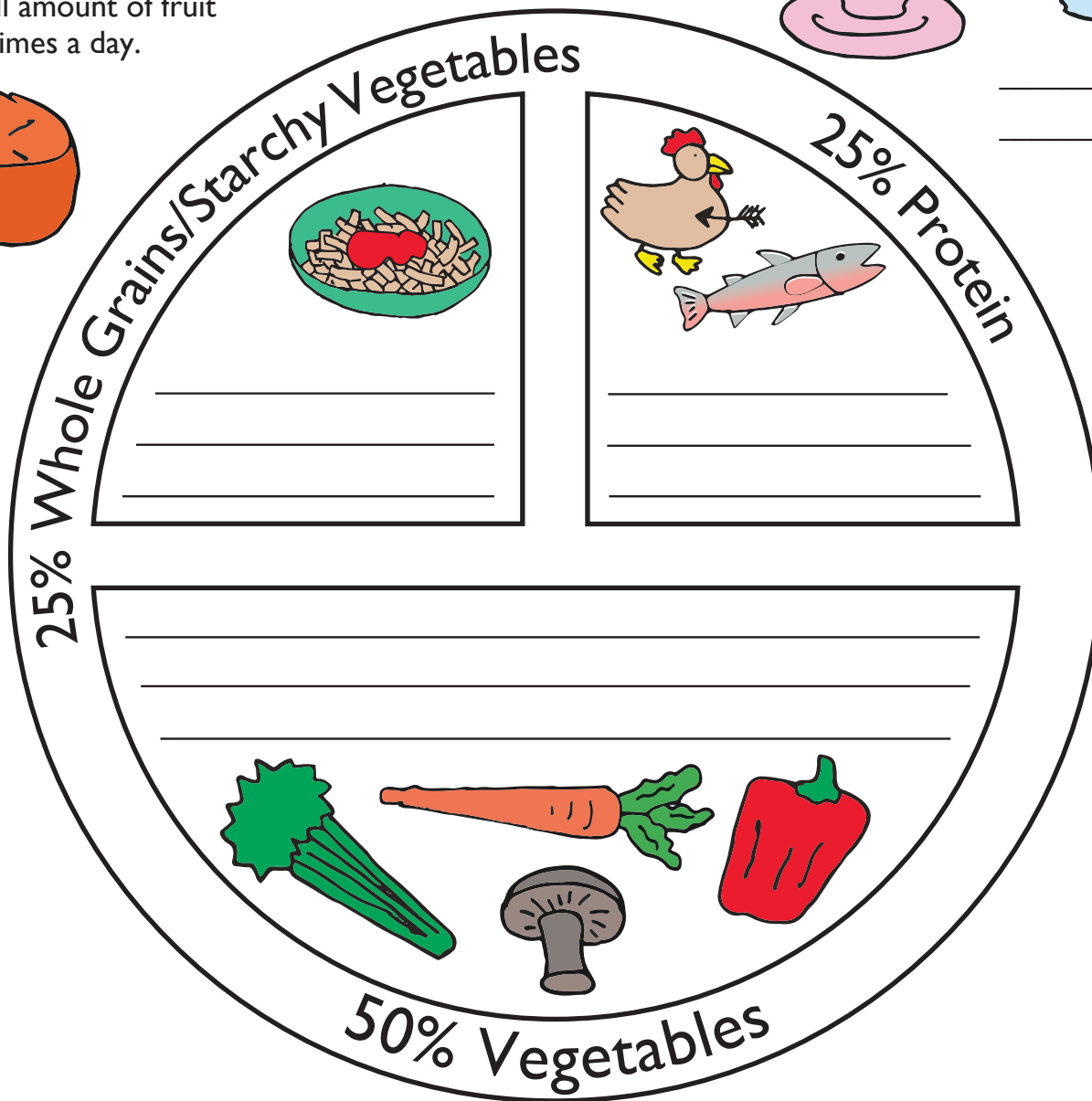
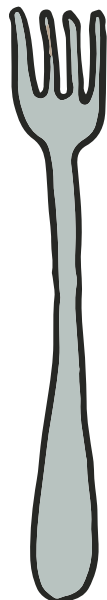
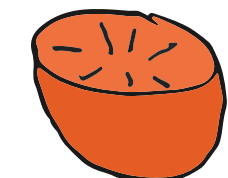


HEALTHY EATING PLATE

MAKE YOUR OWN

Eat a small amount of fruit
_____ times a day.





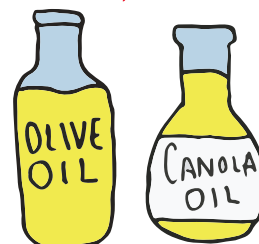
← Nine-Inch Plate →



Limit sugar, salt, and bad (saturated) fat in all meals.



Be active every day!



Use healthy oils (Limit butter.)