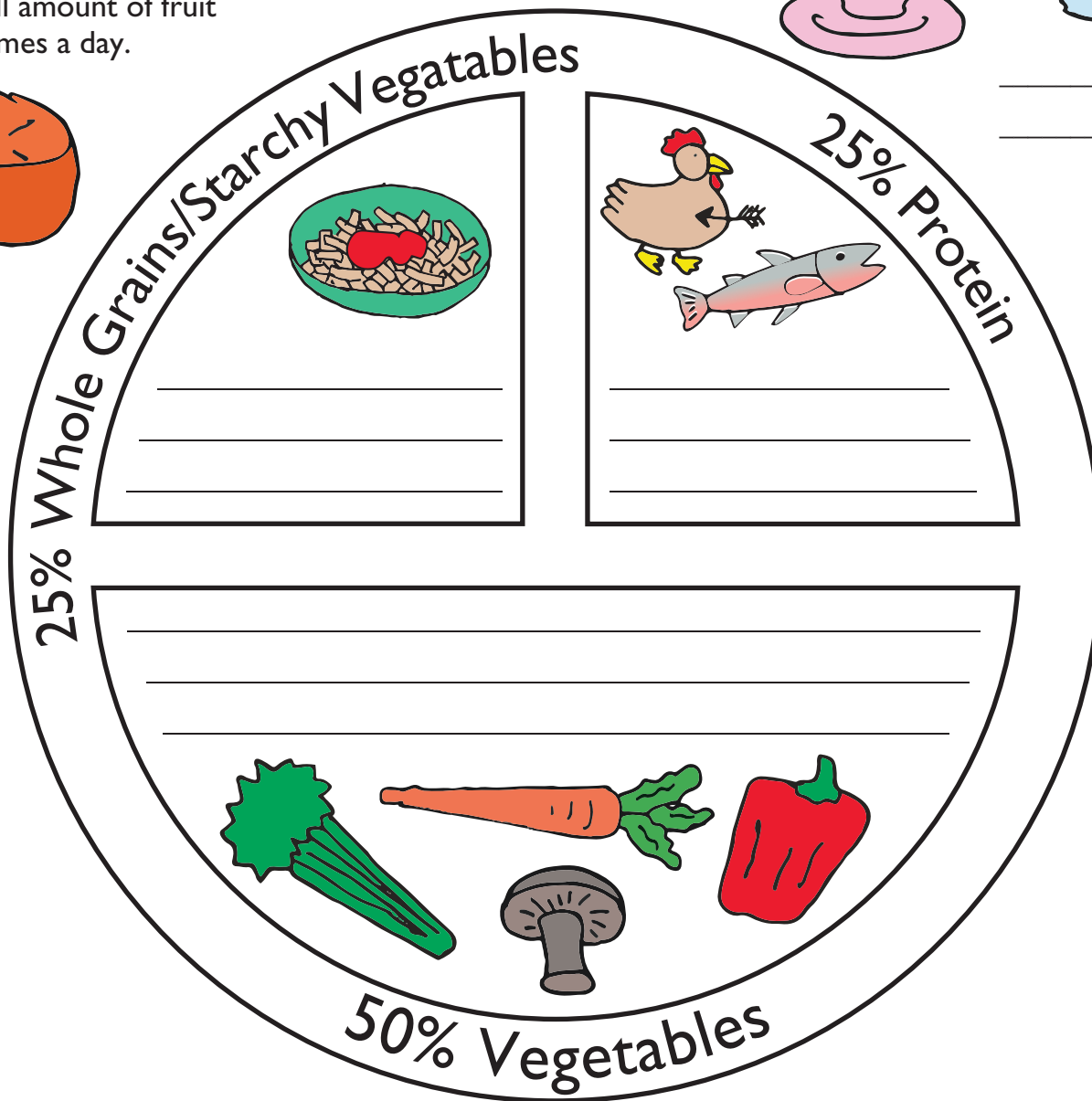
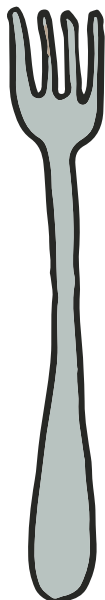
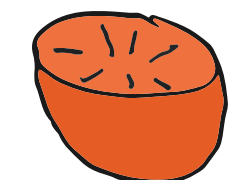


HEALTHY EATING PLATE

MAKE YOUR OWN

Eat a small amount of fruit
_____ times a day.



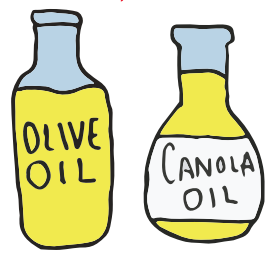
←————— Nine-Inch Plate —————→



Limit sugar,
salt, and fat in
all meals.



Be active
every day!



Use healthy oils
(Limit butter.)