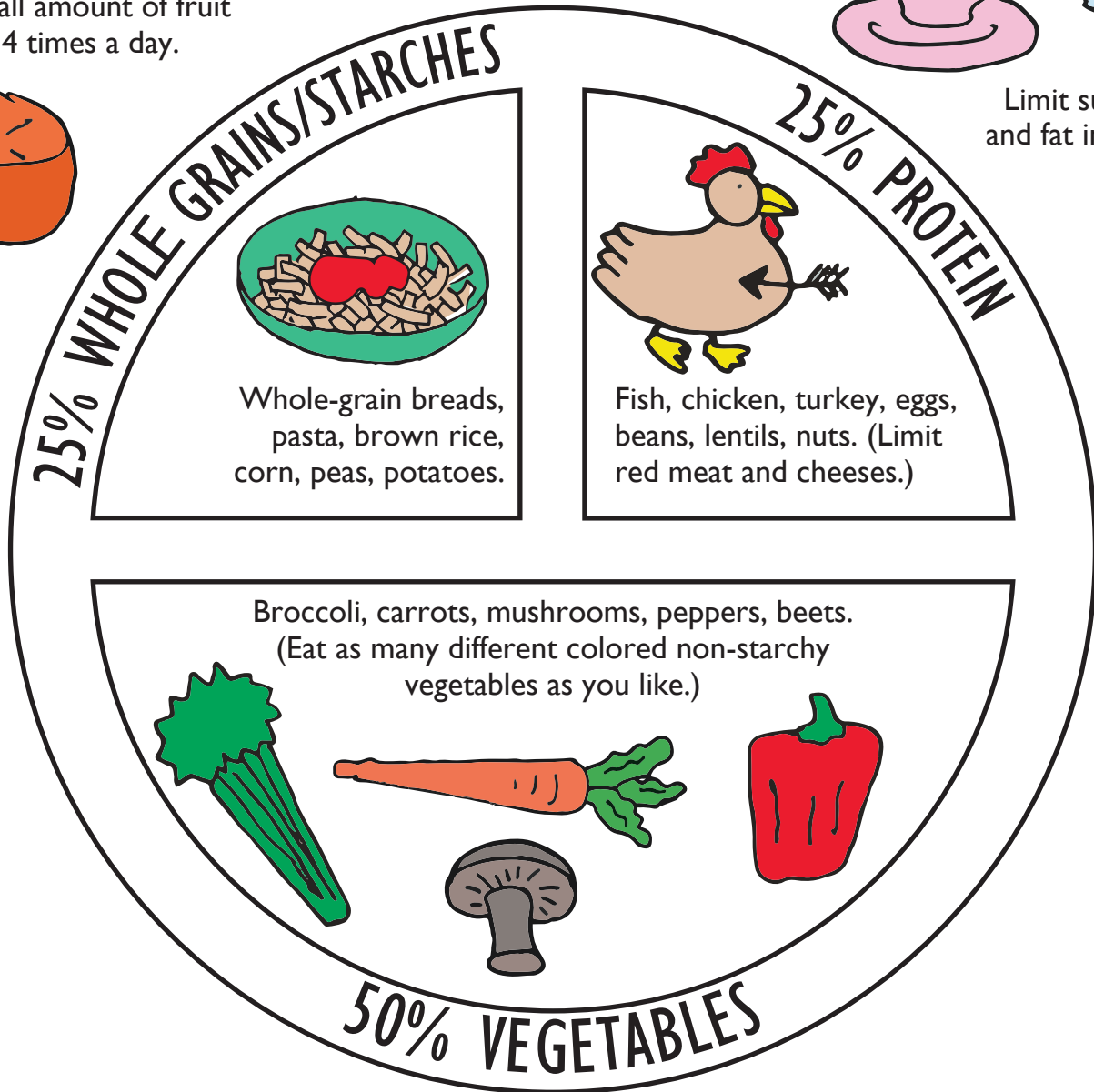
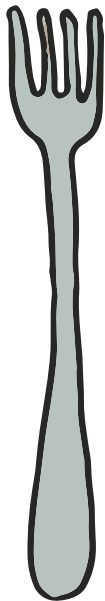
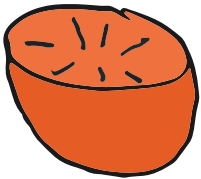


HEALTHY EATING PLATE

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



TEA
COFFEE



WATER

Limit sugar, salt,
and fat in all meals.



← Nine-inch Plate →



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



Be active
every day!



Use healthy oils
(Limit Butter.)