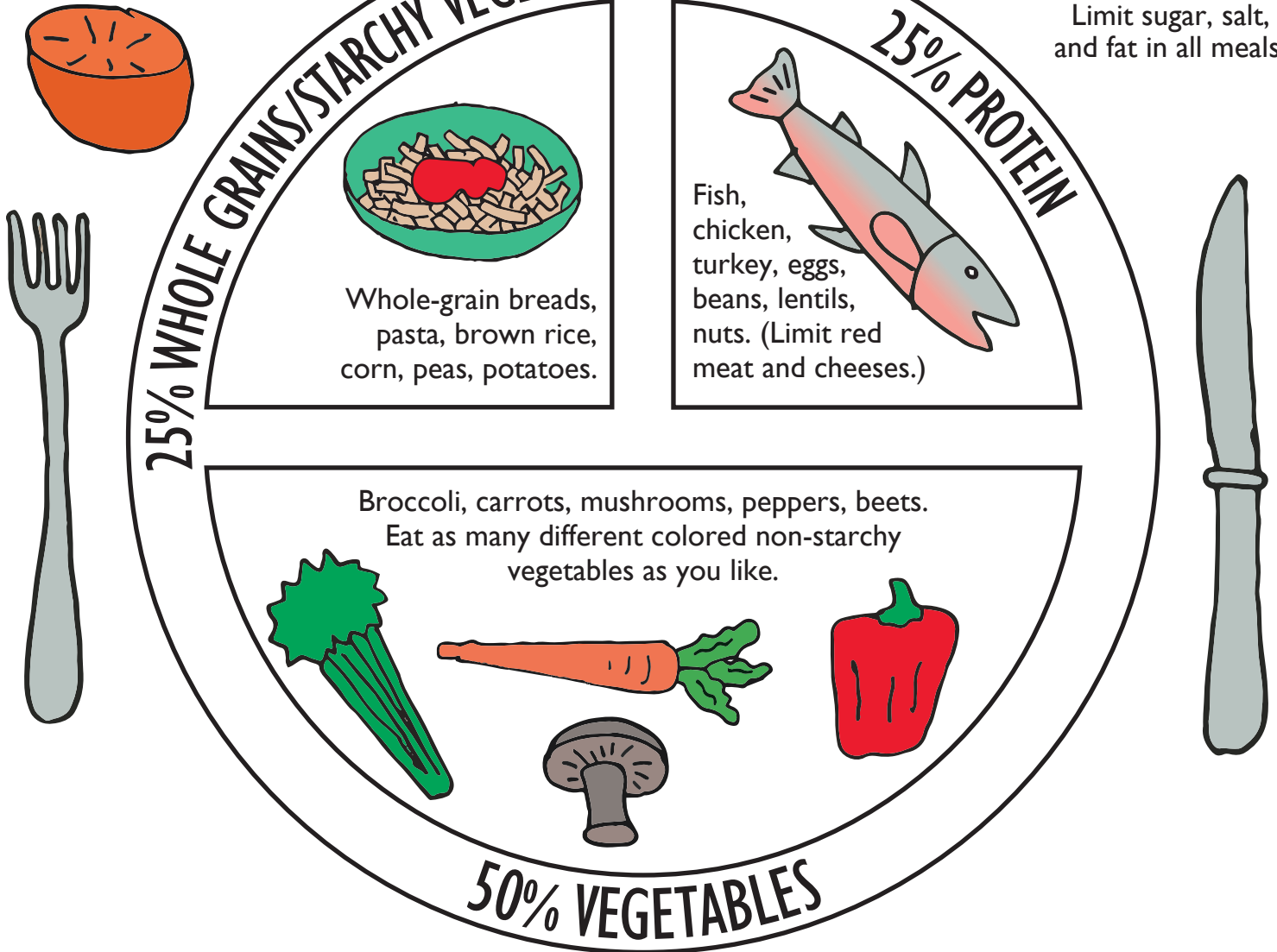


HEALTHY EATING PLATE

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



Limit sugar, salt,
and fat in all meals.



← **Nine-inch Plate** →

SUGAR

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

Be active
every day!

OLIVE OIL

CANOLA OIL

Use healthy oils
(Limit Butter.)