HEALTHY EATING PLATE

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

25% WHOLE GRAINS/STARCHY VEGETABLES
- Whole-grain breads, pasta, brown rice, corn, peas, potatoes.

25% PROTEIN
- Fish, chicken, turkey, eggs, beans, lentils, nuts. (Limit red meat and cheeses.)

50% VEGETABLES
- Broccoli, carrots, mushrooms, peppers, beets. Eat as many different colored non-starchy vegetables as you like.

Nine-inch Plate

Be active every day!

Use healthy oils (Limit Butter.)

限制糖、盐和脂肪在所有餐中。

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