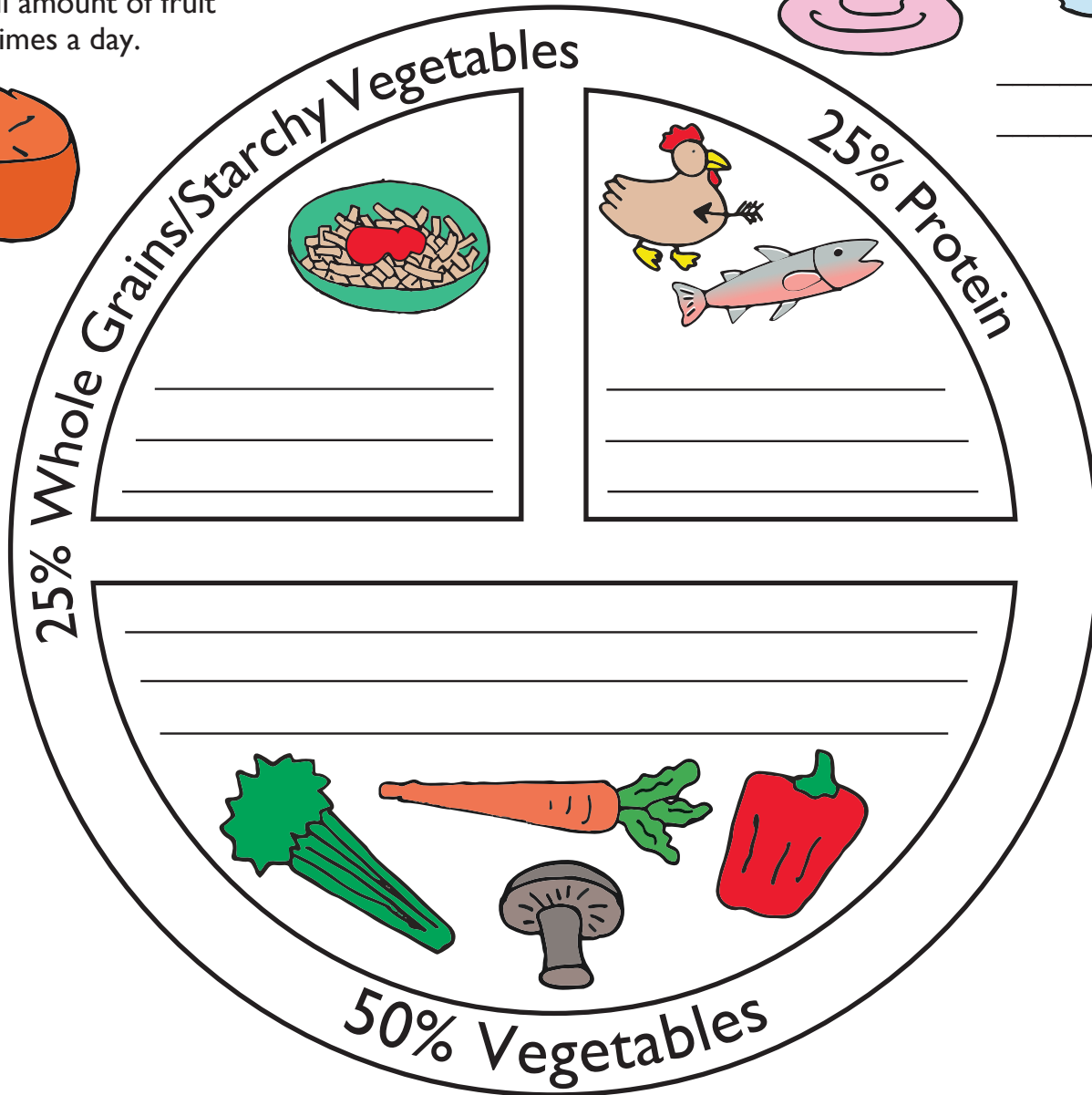
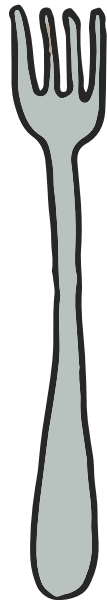
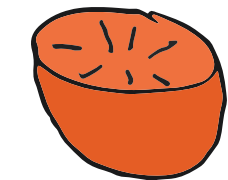


HEALTHY EATING PLATE

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.)