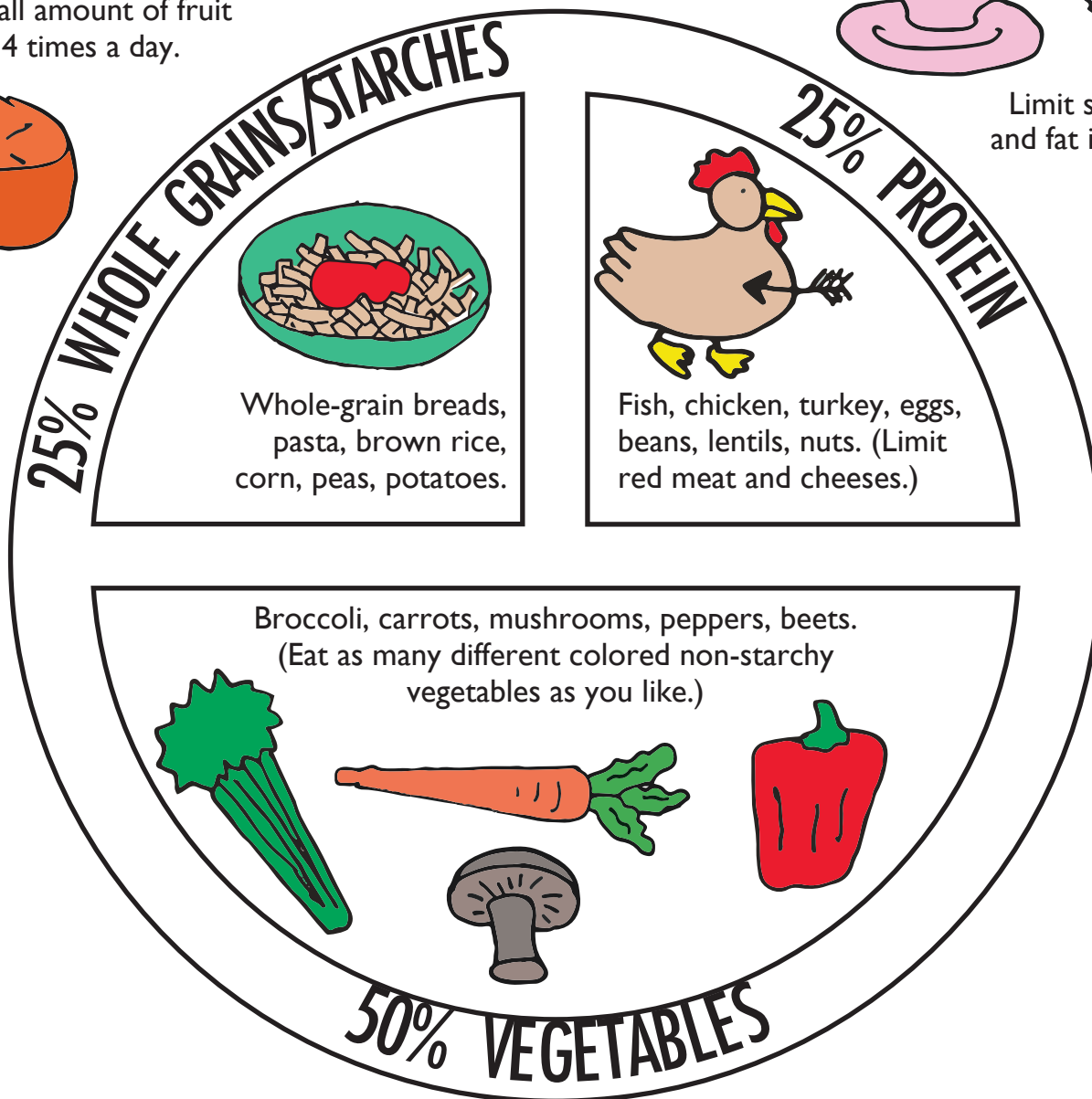
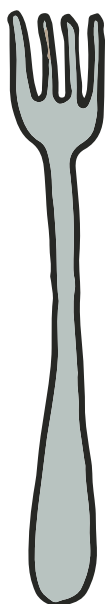
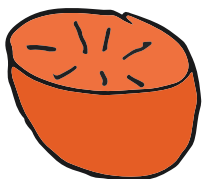


# HEALTHY EATING PLATE

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.)