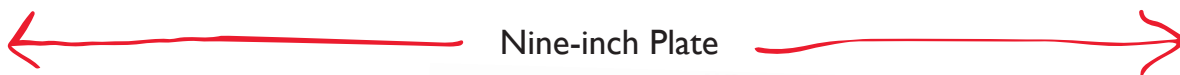
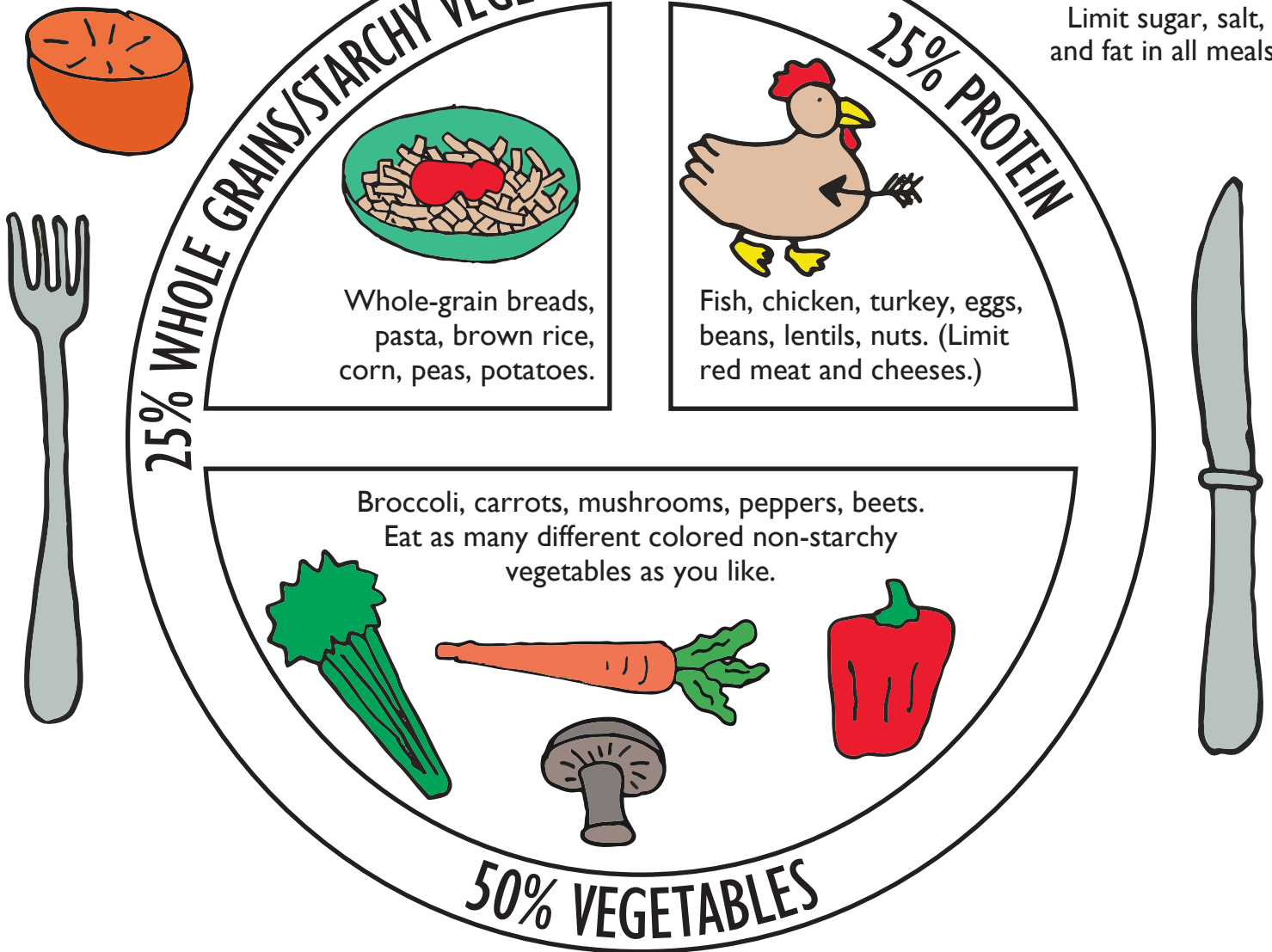


HEALTHY EATING PLATE

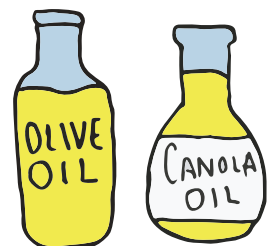
Eat a small amount of fruit
3 to 4 times a day.



Limit sugar, salt,
and fat in all meals.



Be active
every day!



Use healthy oils
(Limit Butter.)