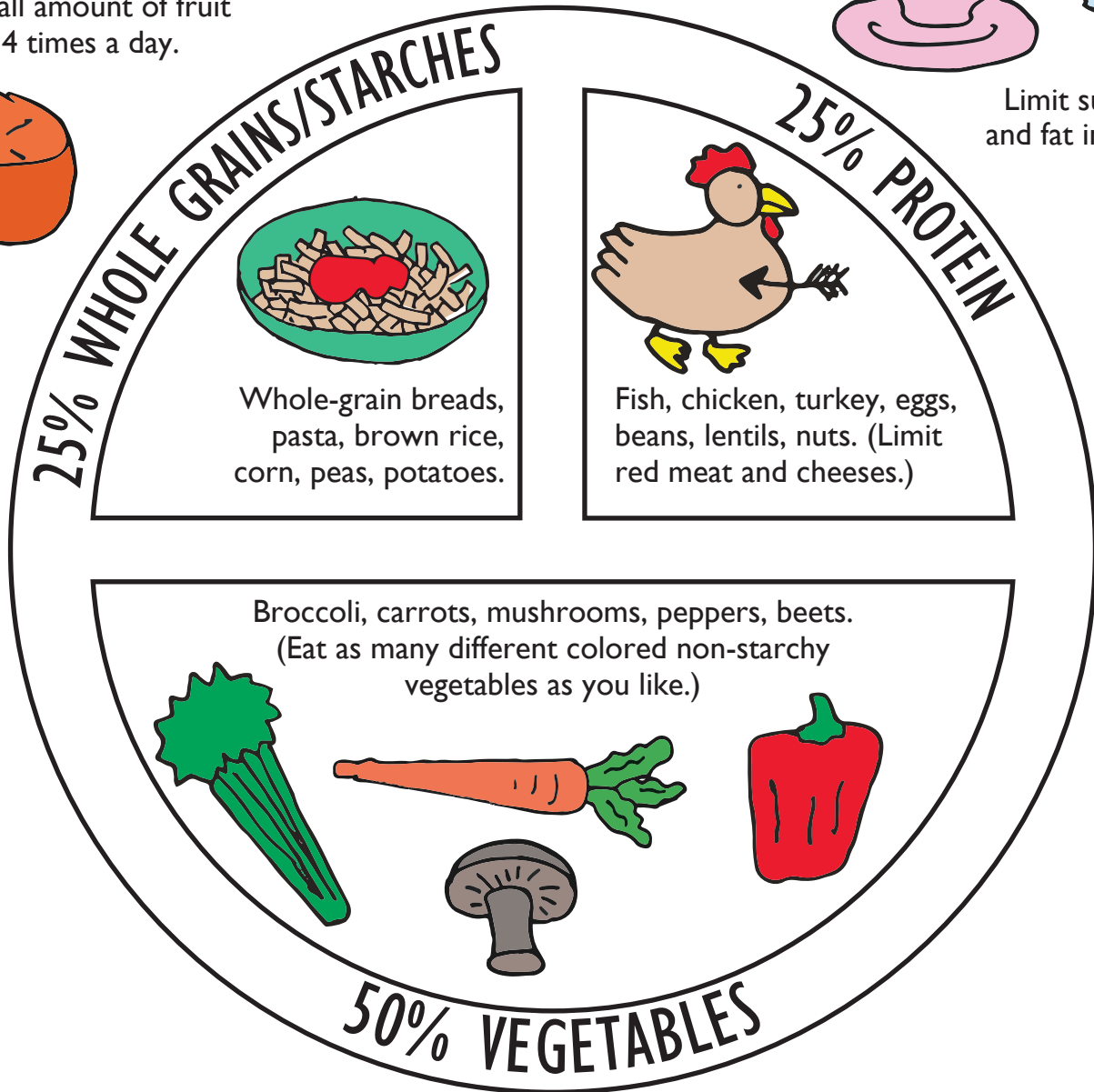
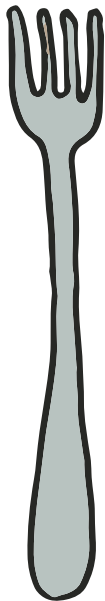
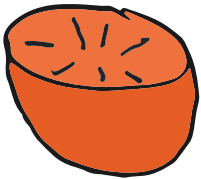


HEALTHY EATING PLATE

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 →

Be active every day!



Use healthy oils.
(Limit butter.)