

# HEALTHY EATING PLATE

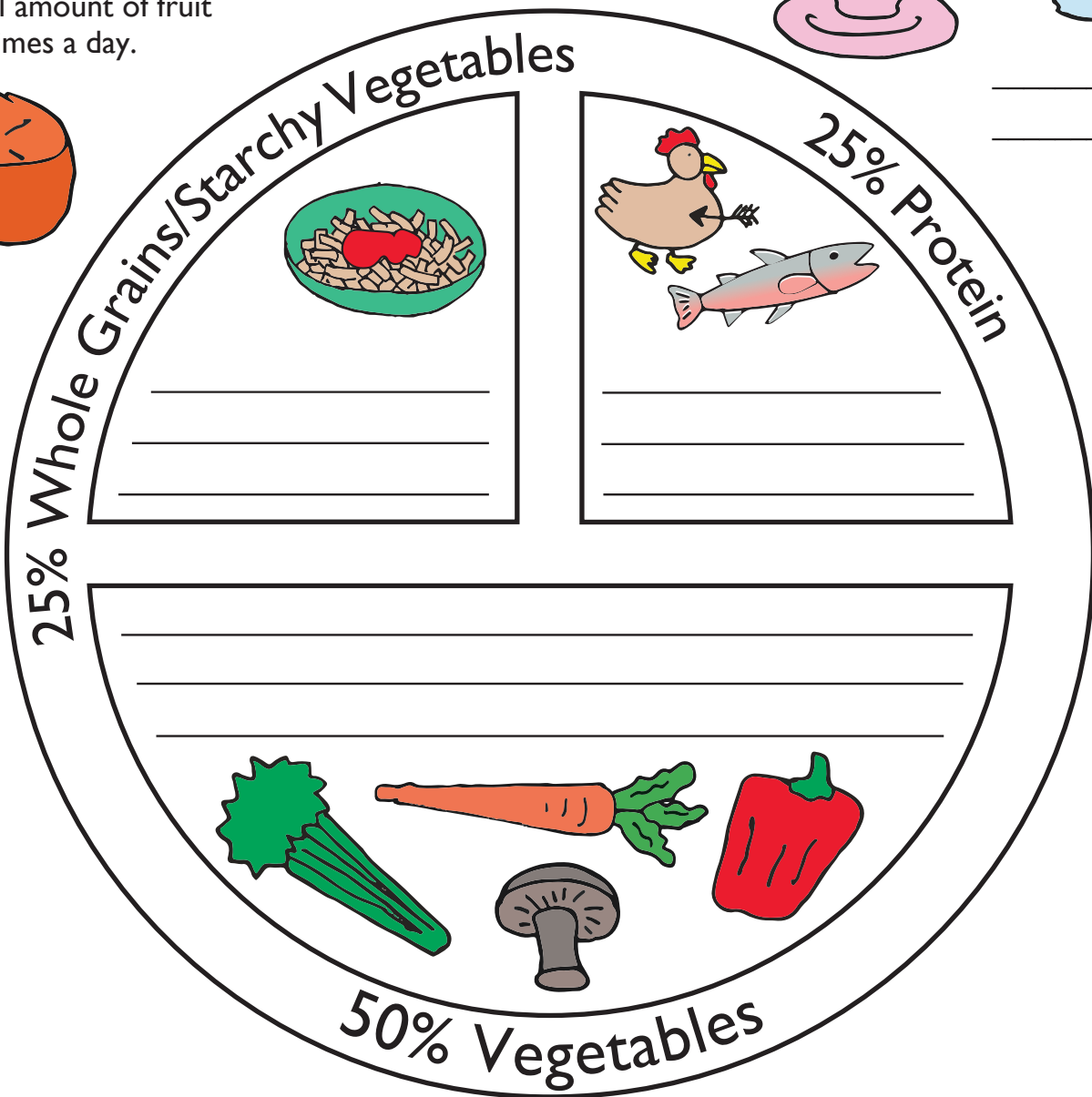
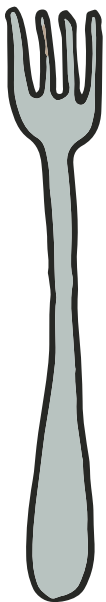
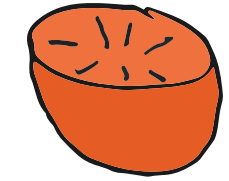
## MAKE YOUR OWN

Eat a small amount of fruit  
\_\_\_\_\_ times a day.

\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_



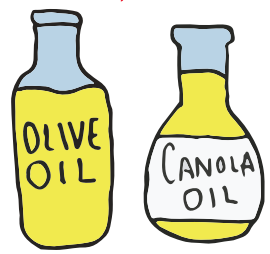
←————— Nine-Inch Plate —————→



Limit sugar,  
salt, and bad  
(saturated) fat  
in all meals.



Be active  
every day!



Use healthy oils  
(Limit butter.)