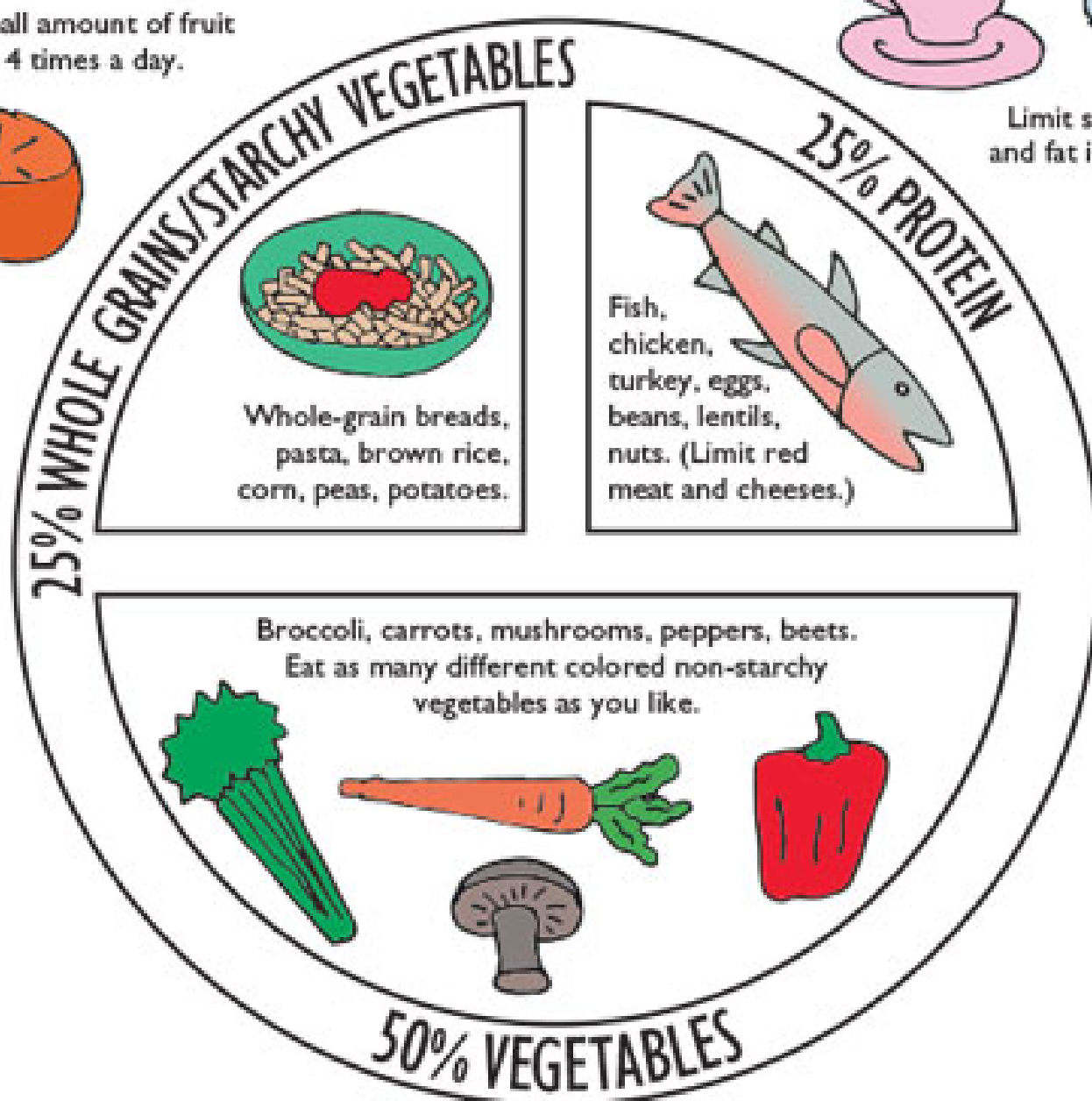
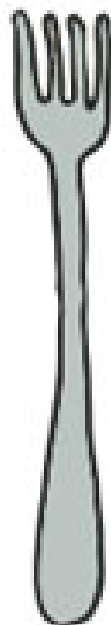


HEALTHY EATING PLATE

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.)