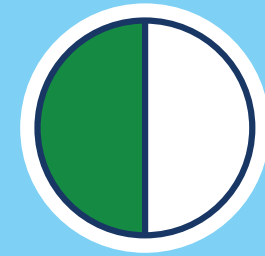
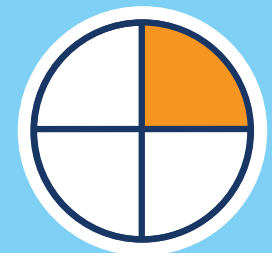
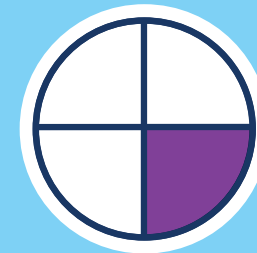


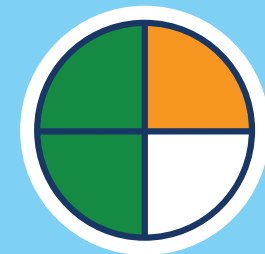
HEALTHY PORTIONS = A HEALTHY PLATE



Fill $\frac{1}{2}$ your plate with fruits & veggies.



Fill $\frac{1}{4}$ with protein & $\frac{1}{4}$ with whole grains.



Try this! Fruits & veggies + whole grains = ?