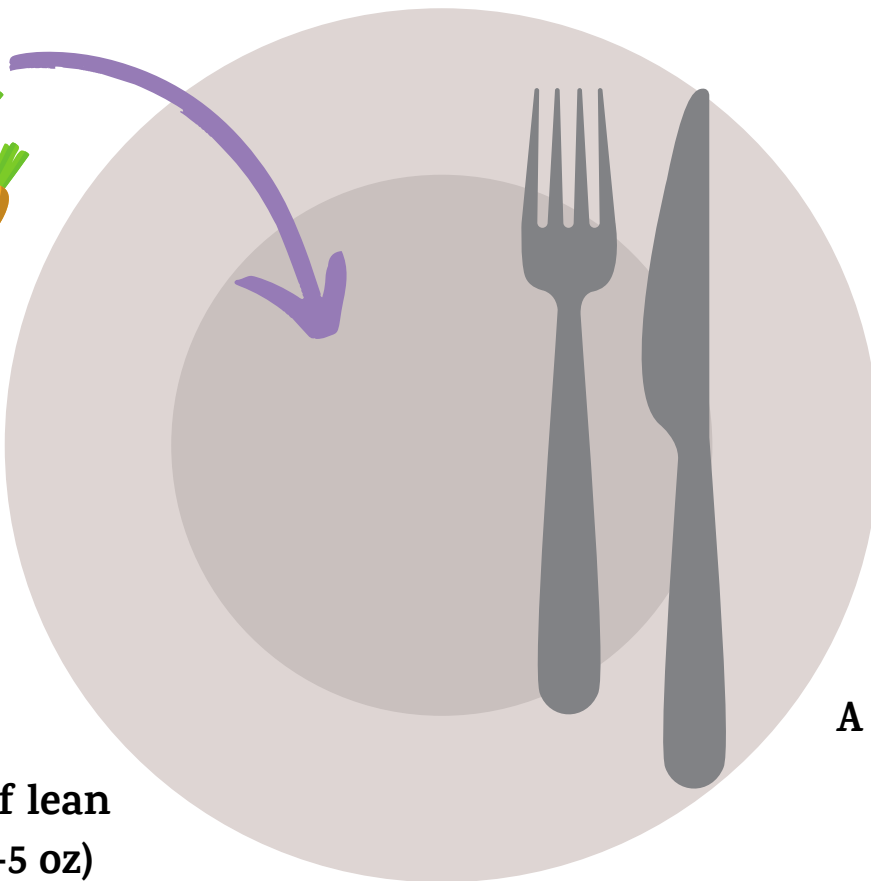
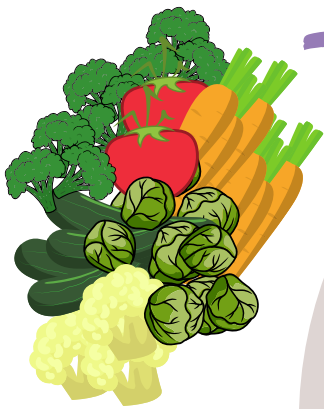


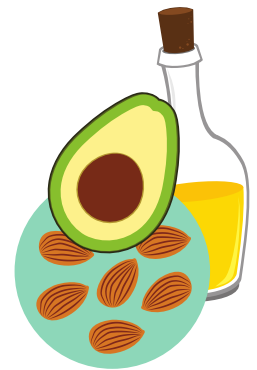


How to Make Your Plate

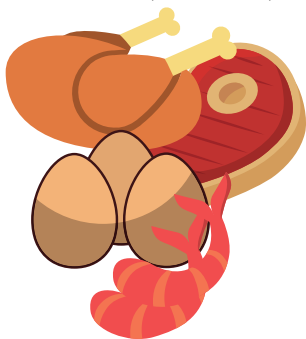
**1/2 plate of veggies
(2-4 cups)**



**A serving of
healthy fat (1-2 oz)**



**A serving of lean
protein (3-5 oz)**



**A serving of healthy
carbs (1/4 - 1/2c)**



(Add carbs to every meal if you are active daily. Add carbs to a minimum of 1 meal if you are dentry.)