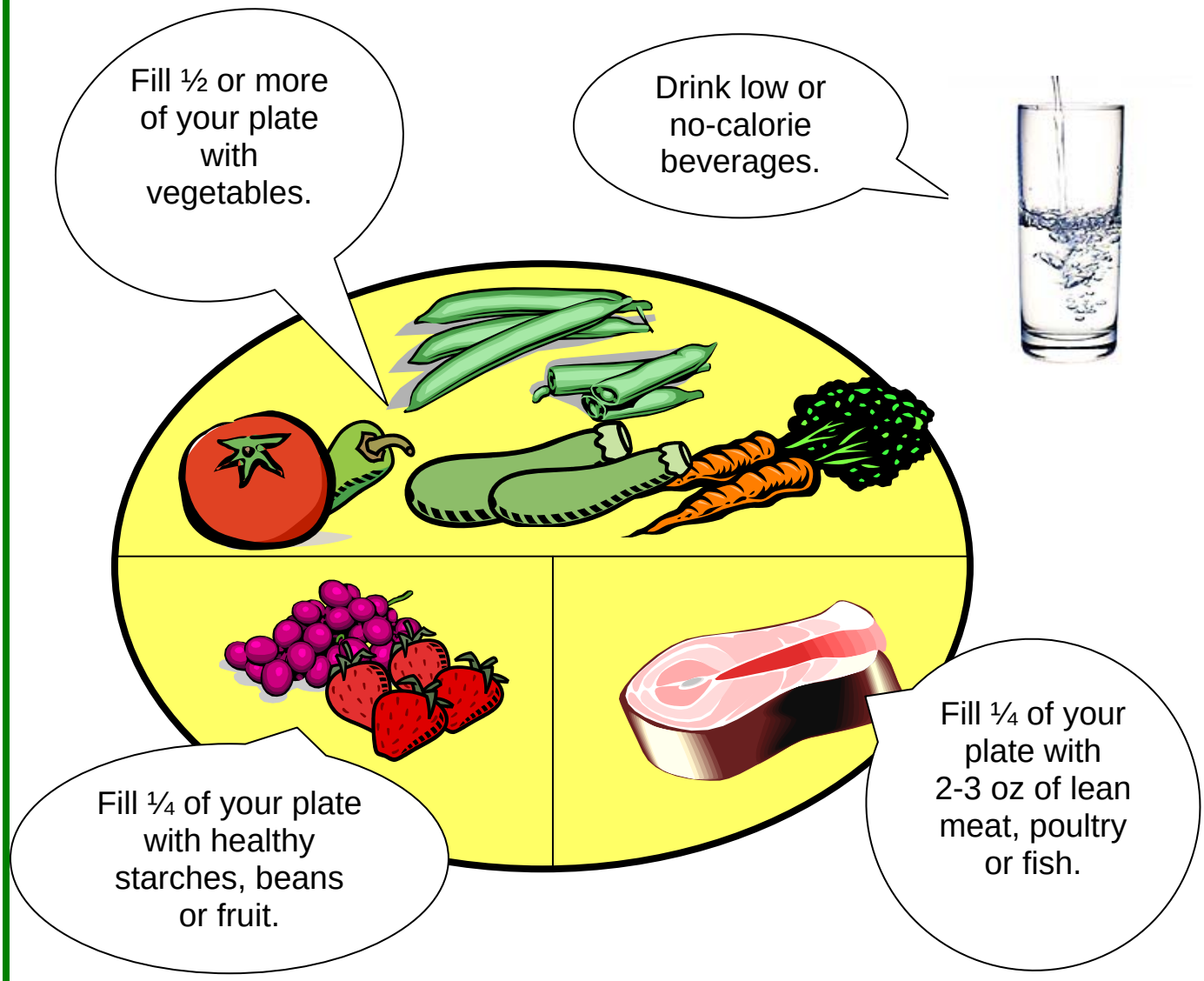
Healthy Plate



Why build a healthy plate?

- Vegetables, fruits, whole grains and beans are low in calories, and full of fiber, vitamins and minerals. Filling ¾ of your plate with these foods may reduce your risk of cancer and heart disease and help you to lose weight.
- Choose lean meats and skinless poultry since they are low in saturated fat and calories. Limit portions of meat to 2-3 oz, or the size of a deck of cards, to meet your protein needs.