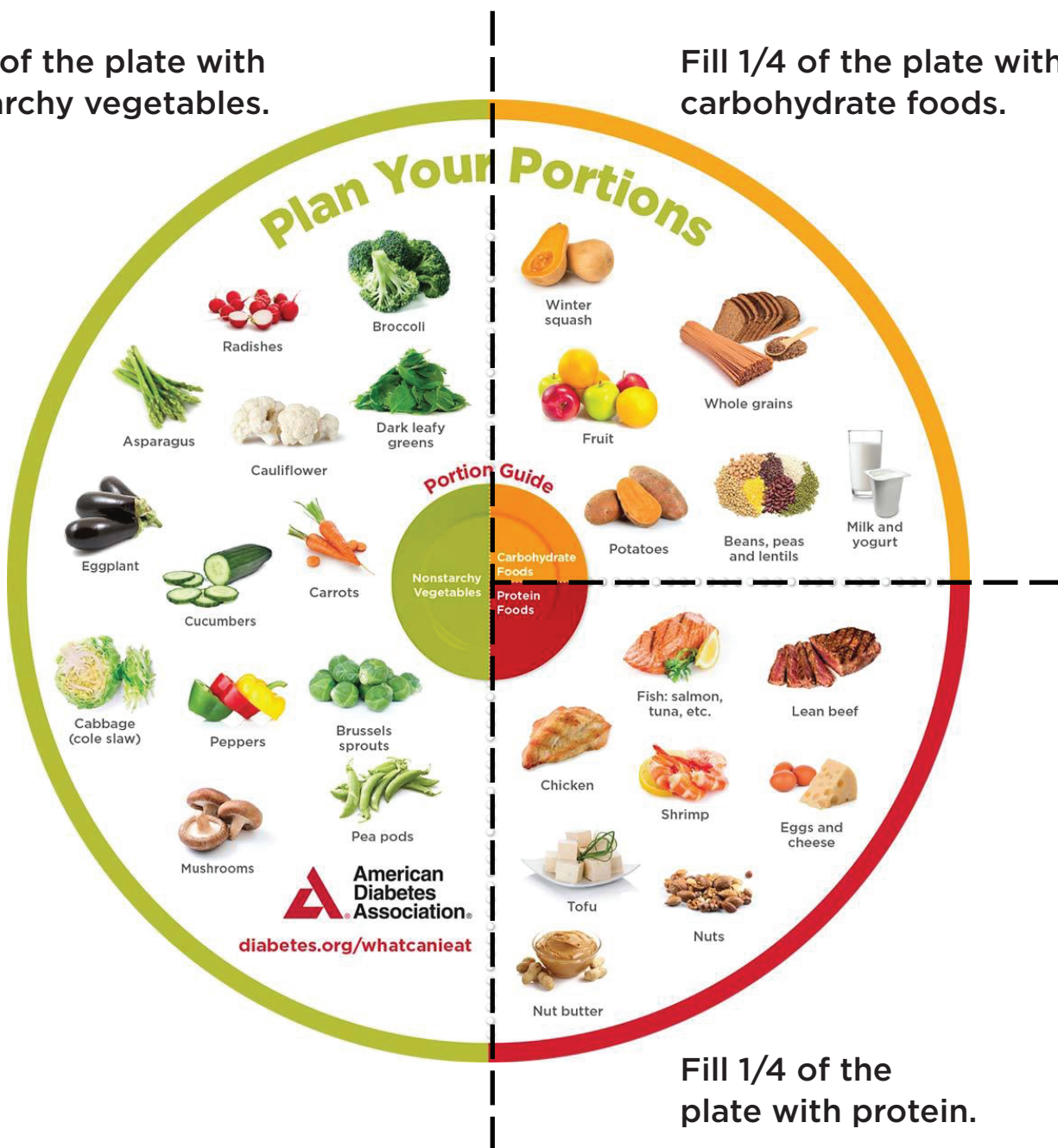


Healthy Eating Tips

Use a 9-inch plate.
 For breakfast use 1/2 of the plate.
 For lunch and dinner use the full plate.

Fill 1/2 of the plate with non-starchy vegetables.

Fill 1/4 of the plate with carbohydrate foods.



Fill 1/4 of the plate with protein.

Enjoy water or calorie free beverages.