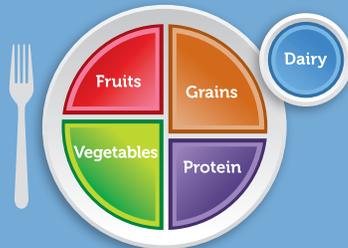




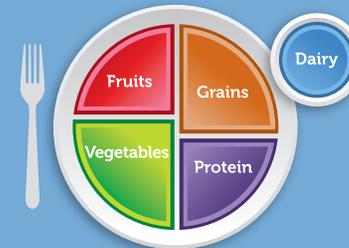
Make Each Plate a Healthy Plate

Make half your plate vegetables and fruits, add lean protein, include whole grains and don't forget the low-fat dairy.



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Eating a healthy, balanced diet will provide your body with the nutrition that it needs to work properly. It can also help with weight control.

Fruits
Eat whole fruit instead of drinking juice.

Grains
Eat more **whole** grains:

- Whole grain cereals
- Whole wheat bread
- Barley
- Wild rice
- Quinoa
- Oats

Vegetables
Eat more red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli.

Protein
Choose lean protein:

- Nuts & nut butters
- Chicken
- Fish
- Soy foods
- Lentils
- Beans

Water
Water First for Thirst! Drink water instead of sugary drinks like soda pop, sports drinks and fruit drinks.

Dairy
Have a cup of fat-free or low-fat dairy foods with each meal.

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