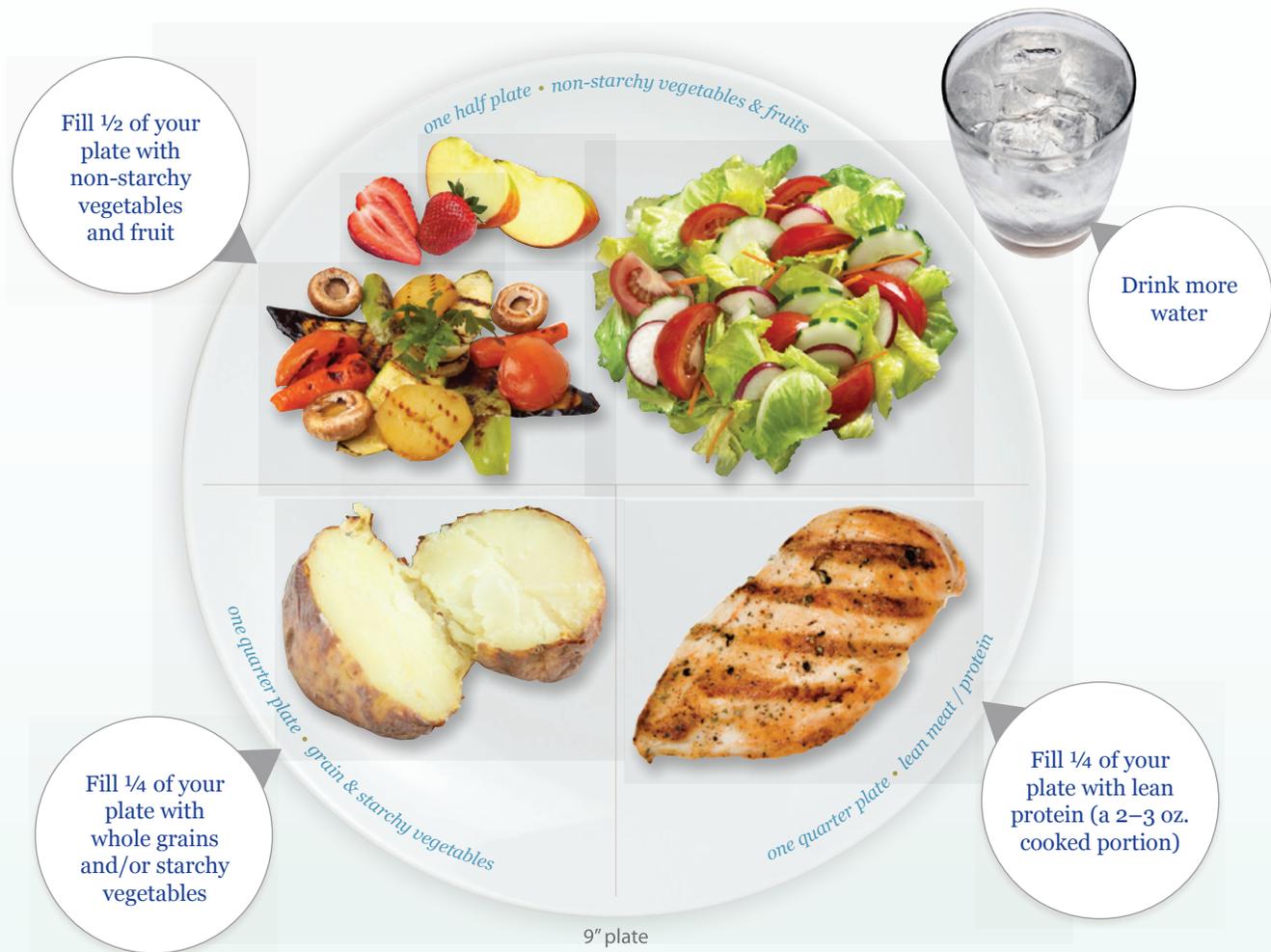


Making Healthy Food Choices With a Healthy Plate



Why create a healthy plate?

- **Reduces Health Risks** — Before you eat, think about what goes on your plate or in your cup, glass, or bowl. Vegetables, whole grains, low-fat dairy products, fruits, and lean protein foods are all great choices. Eating these foods can reduce risks of developing diseases such as obesity, heart disease, diabetes, and some types of cancer.
- **Improves Portion Control and Food Choices** — Food portions and food choices are very important for reaching and keeping a healthy weight.