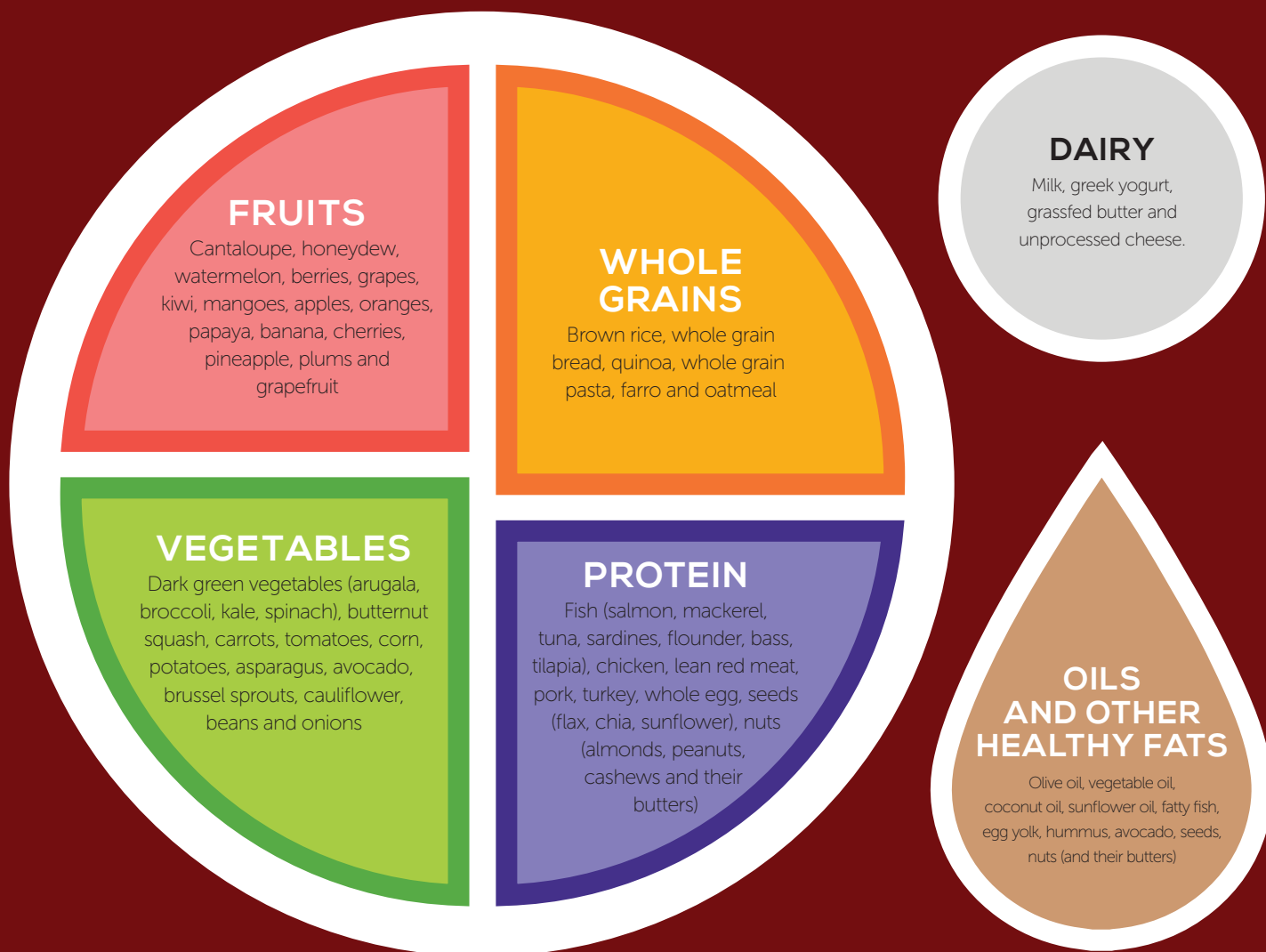


WHAT'S ON YOUR PLATE?

A GUIDE TO SELECTING HEALTHY FOOD OPTIONS



TIPS FOR PERSONALIZING YOUR PLATE

- This guide is for your three big meals: breakfast, lunch and dinner
- Not every meal needs to include fruits, but every meal should include vegetables. When fruits are not part of your meal, replace that portion of your plate with vegetables.
- Dairy does not need to be consumed with every meal, however the USDA recommends 3 cups per day based on a 2,000 calorie diet.
- Every meal should include oils and/or other healthy fats:
 - Use a drizzle of any of the oils on a salad, to sauté vegetables or add to an entrée.
 - Other healthy fats double as good sources of protein, so use these foods at least once a day as part of your protein portion.

*Please be aware of your own allergies before consuming any of these recommended foods.