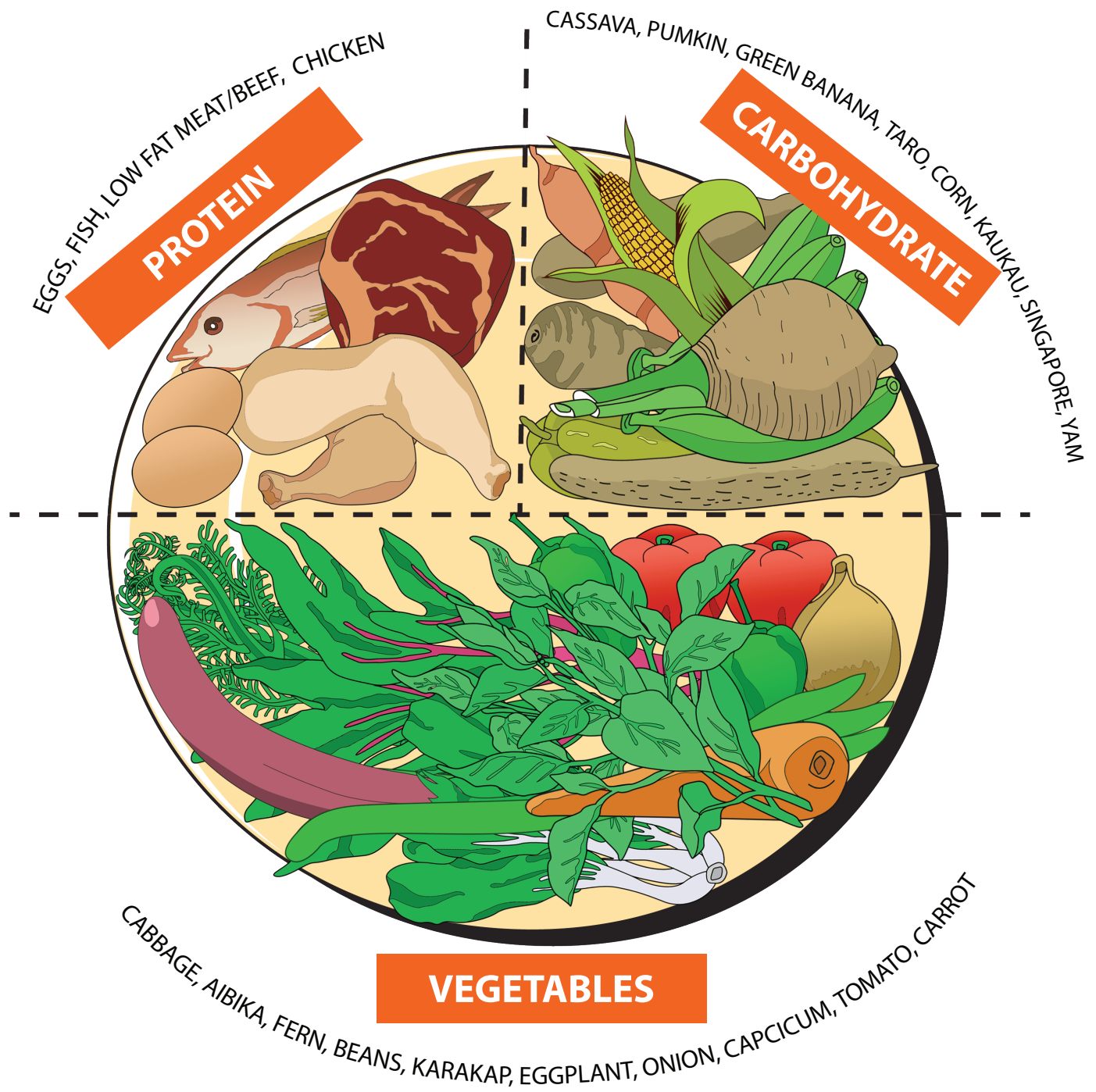


HEALTHY PLATE MODEL



Goals

- 1) Half plate of vegetables with each main meal
- 2) Drink at least 8 cups of water each day
- 3) Cut down on soft drinks
- 4) Walk for 30 minutes every day - can be x 3 10 minutes
- 5) Cut down on oily/greasy foods

