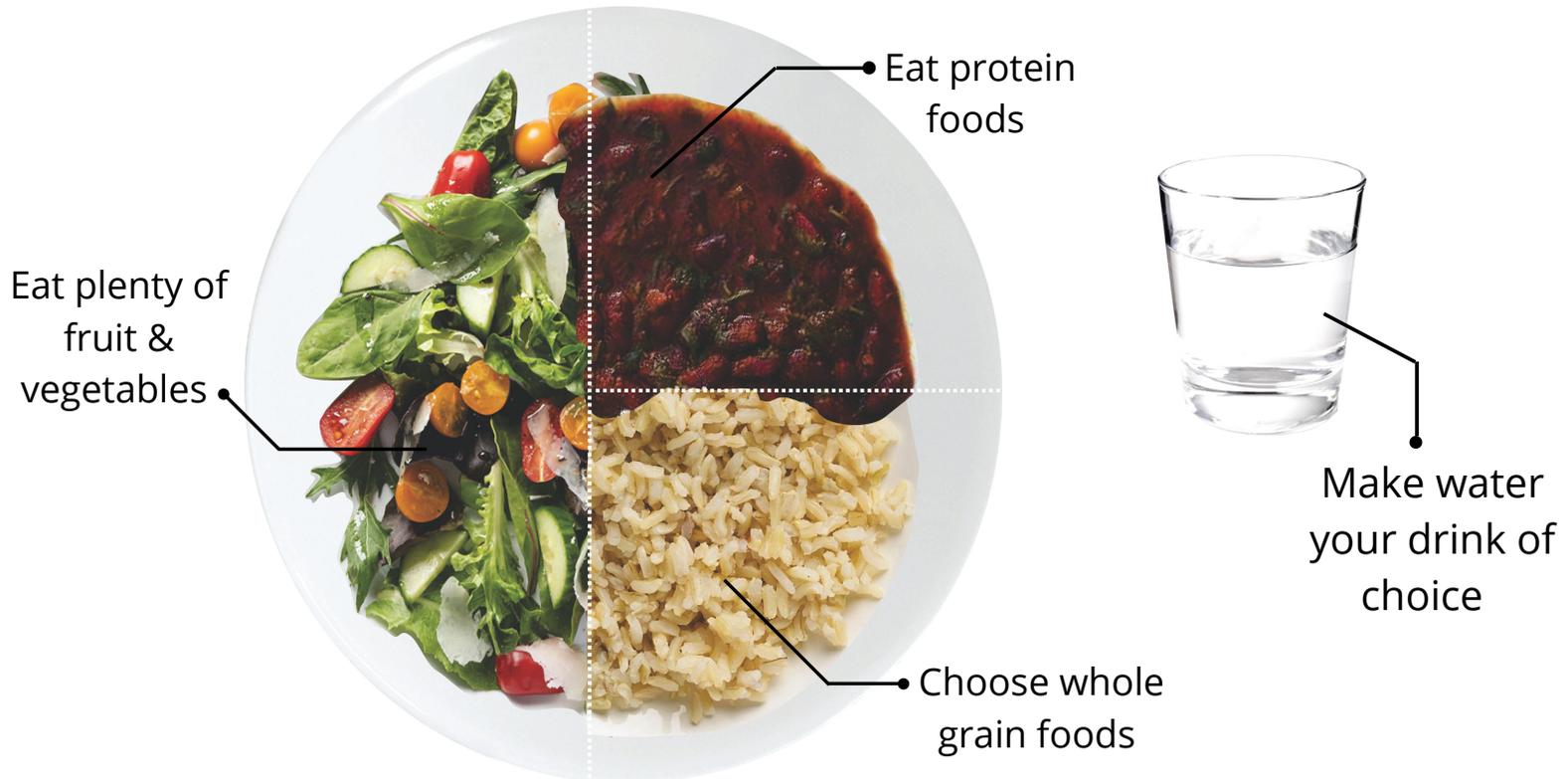


Eat Well Plate



Balance your plate with:
1/2 of fruit and vegetables
1/4 of whole grain products
1/4 of meat and alternatives
Make water your drink of choice

Information provided by:
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