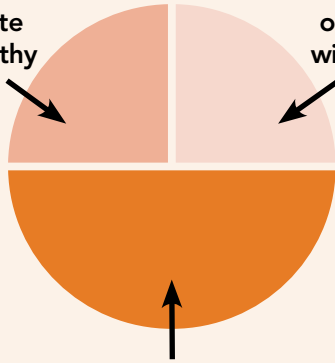


What Is a HEALTHY PLATE?

Fill one-quarter of your plate with a healthy protein source.



Fill one-quarter of your plate with a healthy grain or starch.

Fill half of your plate with non-starchy vegetables.



Chicken, corn, carrots, and green beans



Black beans, quinoa, and grilled vegetables



Chicken, Spanish brown rice, and nopales



Black-eyed peas, yams, and collard greens



Fish tacos with corn tortillas, cabbage, and salsa