

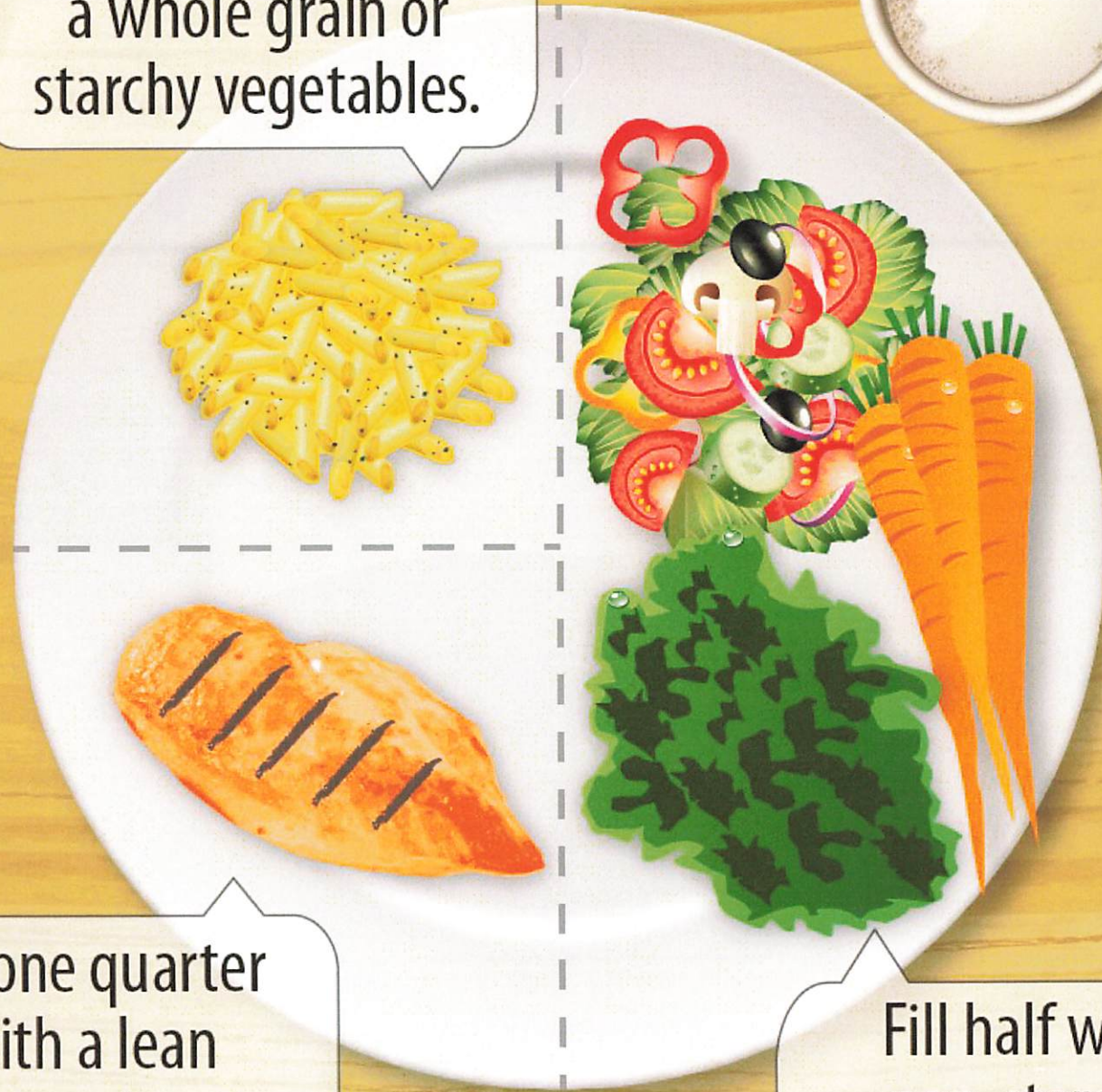


Fill one quarter with a whole grain or starchy vegetables.



Drink Skim, or 1% milk.

Eat a small amount of fresh fruit.



Fill one quarter with a lean protein.

Fill half with non-starchy vegetables

9-inch plate