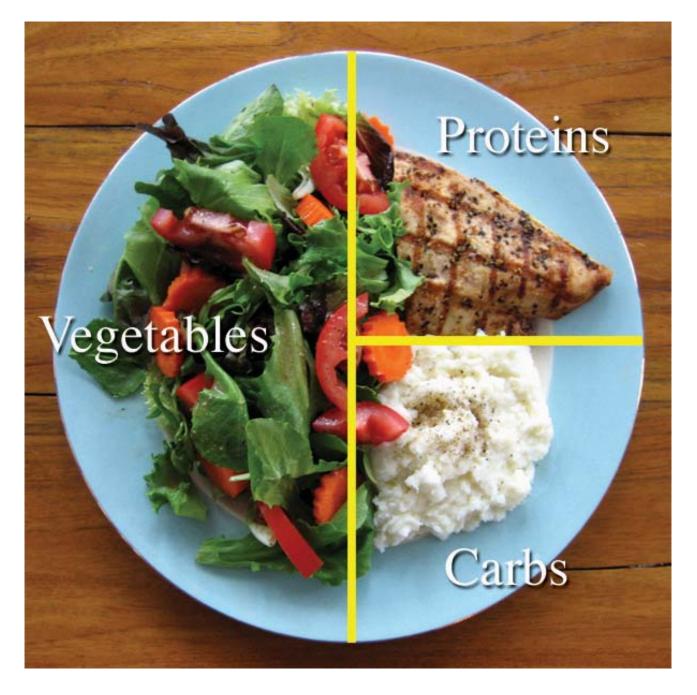
HEALTH TIPS WHAT YOU CAN DO

The Healthy Plate

Think of your plate as 3 different sections:

- one section for vegetables
- one for proteins
- one for carbohydrates (carbs)



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