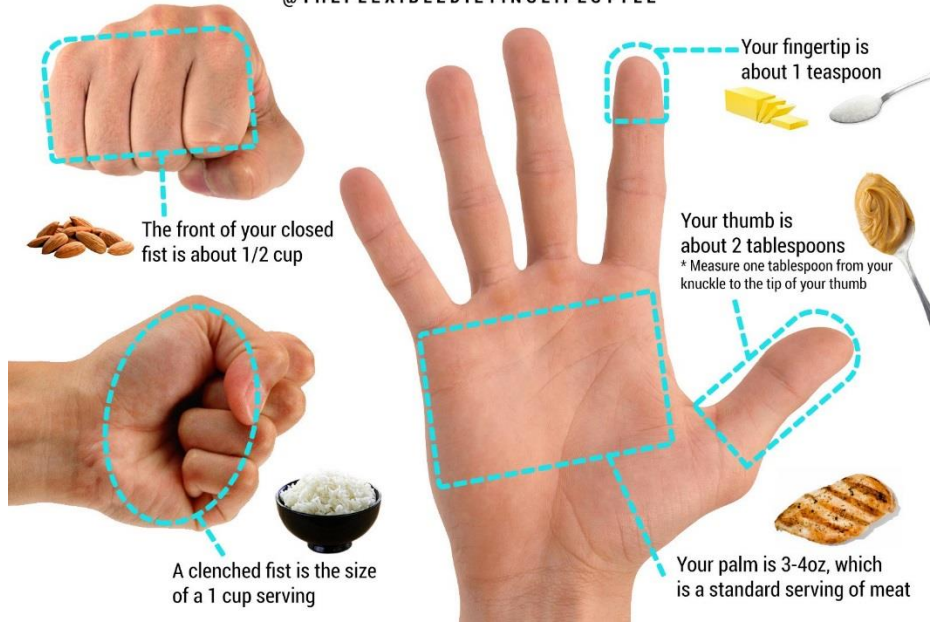


VISUAL HAND GUIDE TO PORTION SIZES

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My Healthy Plate



Fill 1/2 the plate with your plate

