

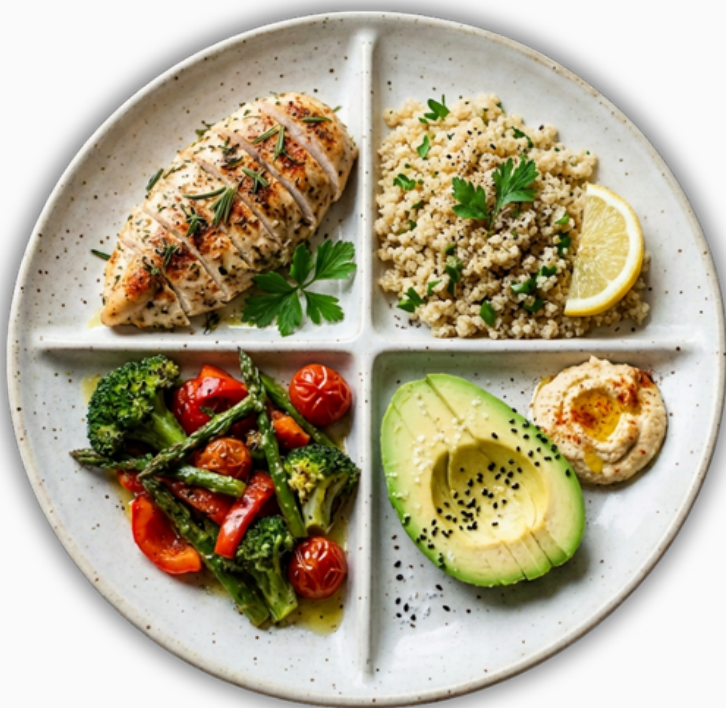


What does a balanced plate actually look like?



HEALTHY OILS

- Use healthier seed oils like olive or canola oil
- Limit butter intake
- Avoid trans fat



A BALANCED MEAL REQUIRES:

- Protein
- Smart Carbohydrates
- Fruits and Vegetables
- Healthy fats



WATER

- Drink 2 - 3l of water daily
- Limit dairy and juice consumption
- Avoid sugary drinks