The Healthy Eating Plate

Low Fat
- Cut fat off meat
- Remove skin from chicken
- Bake, boil, steam, grill (do not fry)
- Low fat dressings

Vegetables/Salad

Protein
- Meat
- Fish
- Chicken
- Eggs
- Legumes

Carbohydrate/Starch
- Potatoes
- Kumara
- Taro
- Bread
- Rice
- Pasta
- Noodles
- Roti

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