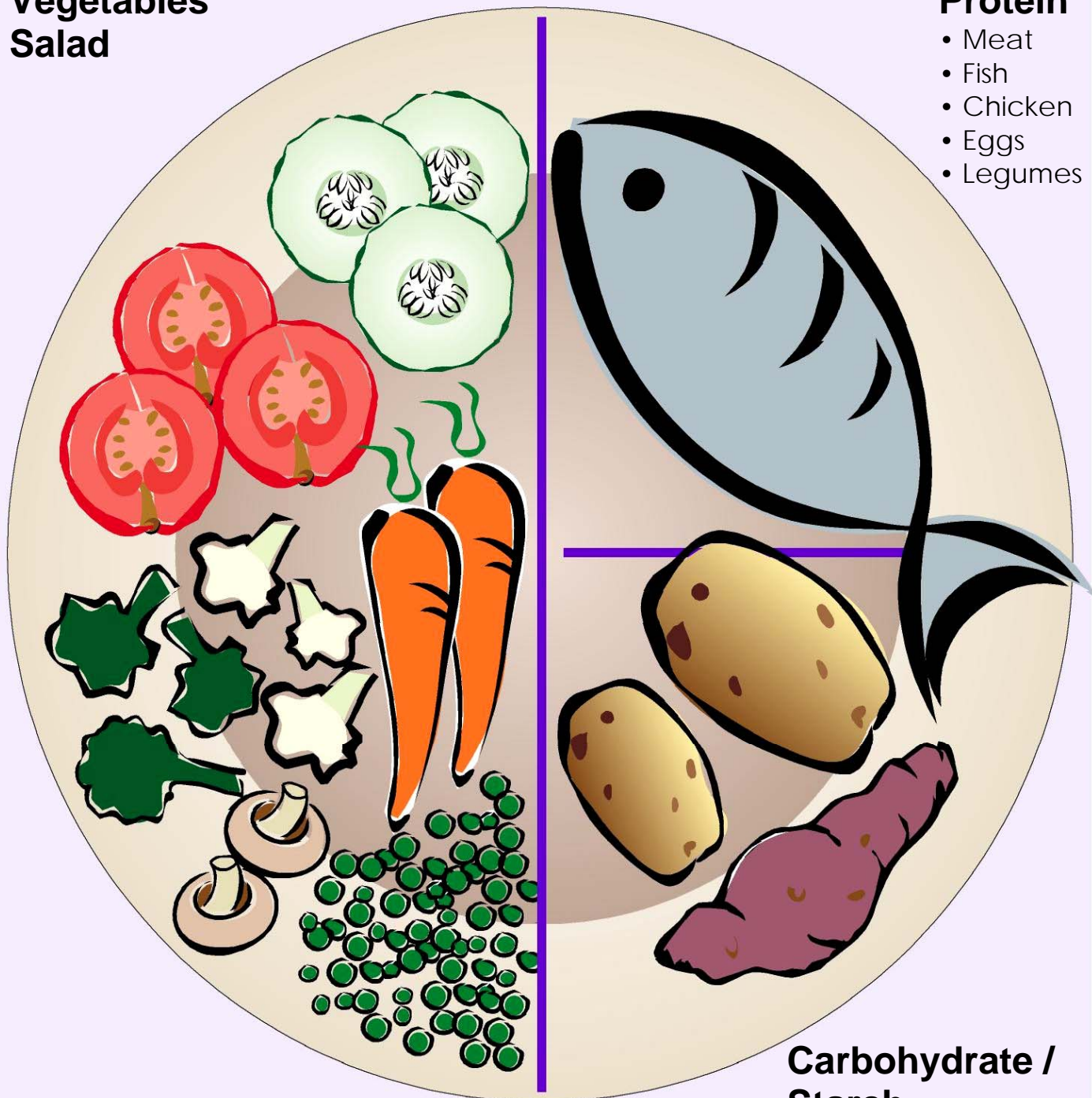


The Healthy Eating Plate

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

