

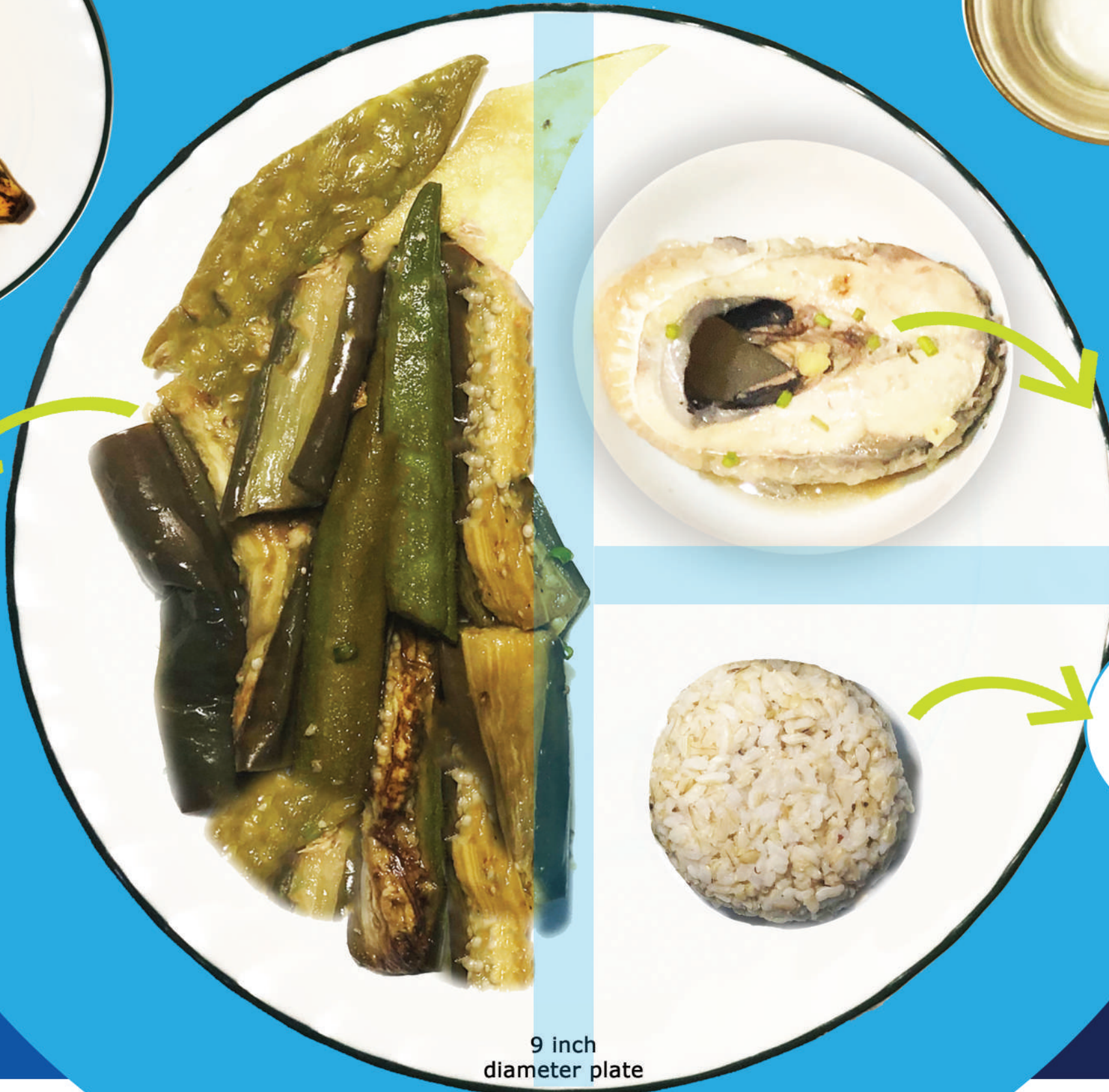
Your Healthy Plate



Fruit
1 piece banana
(4 inch)



1-2
glasses of
water



Vegetables
1 cup
ampalaya, okra,
eggplant

Protein
40 grams
bangus slice

Grain
1/2 cup
brown rice

9 inch
diameter plate

This plate method is a simple way to manage portion sizes and eat balanced meals.

Tips for Healthy Eating

1. Eat a wide variety of food each day
2. Watch your portion sizes
3. Space your meals evenly throughout the day
4. Don't skip meals

changing
diabetes®

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