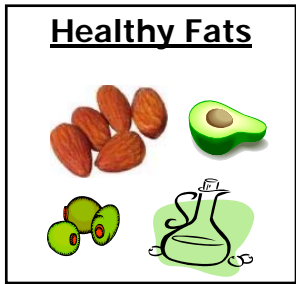
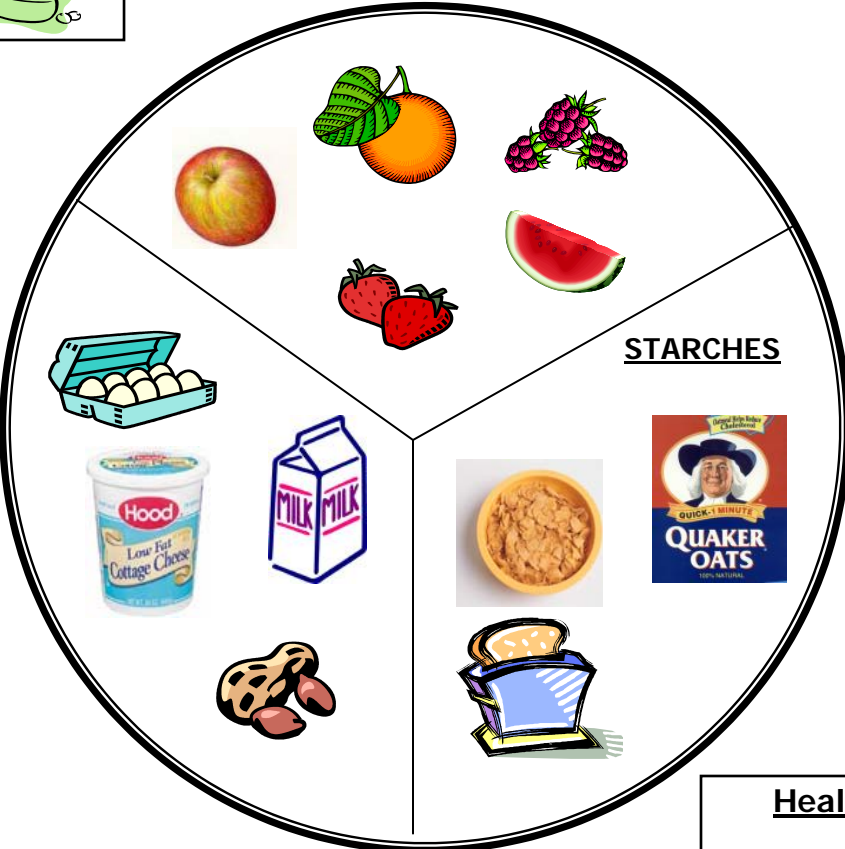


How to Make a Balanced Plate



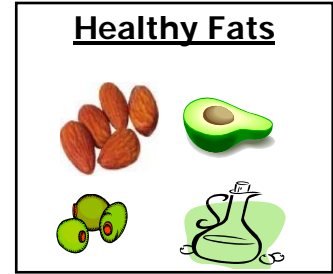
Breakfast Plate

FRUIT

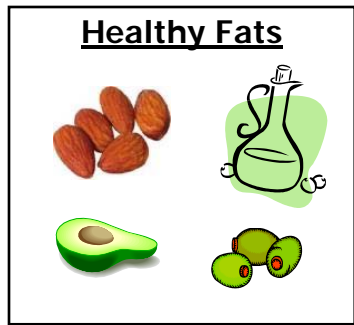
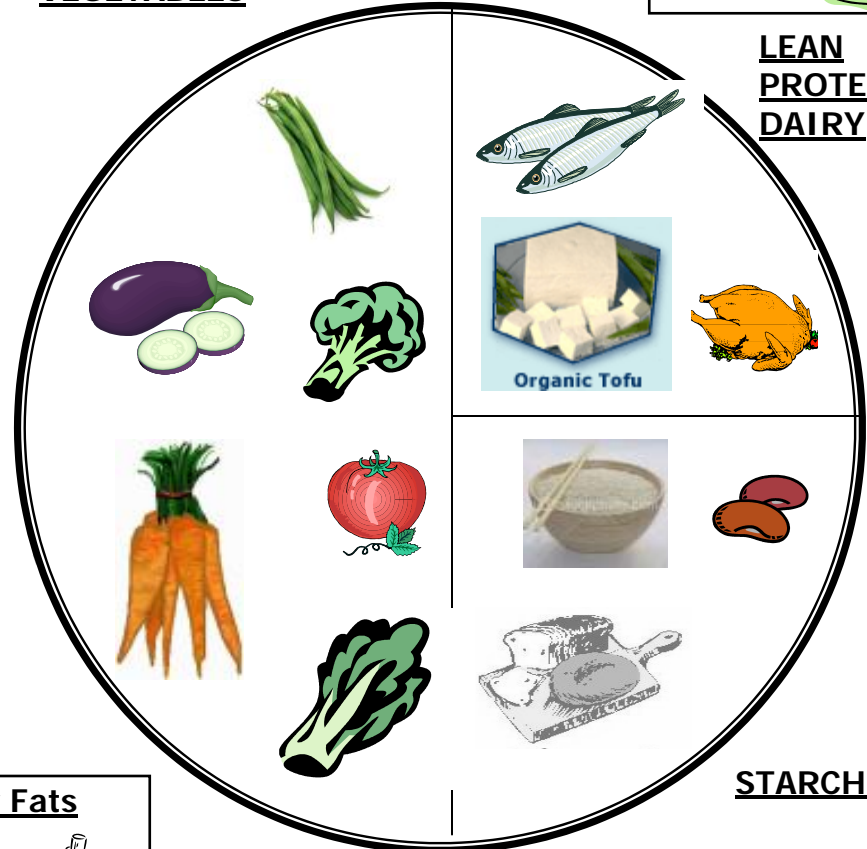


Lunch/Dinner Plate

VEGETABLES



LEAN PROTEIN/DAIRY



DANA-FARBER/BRIGHAM AND WOMEN'S



Dana-Farber/Brigham and Women's
Cancer Center Nutrition Department
Revised 1/2007