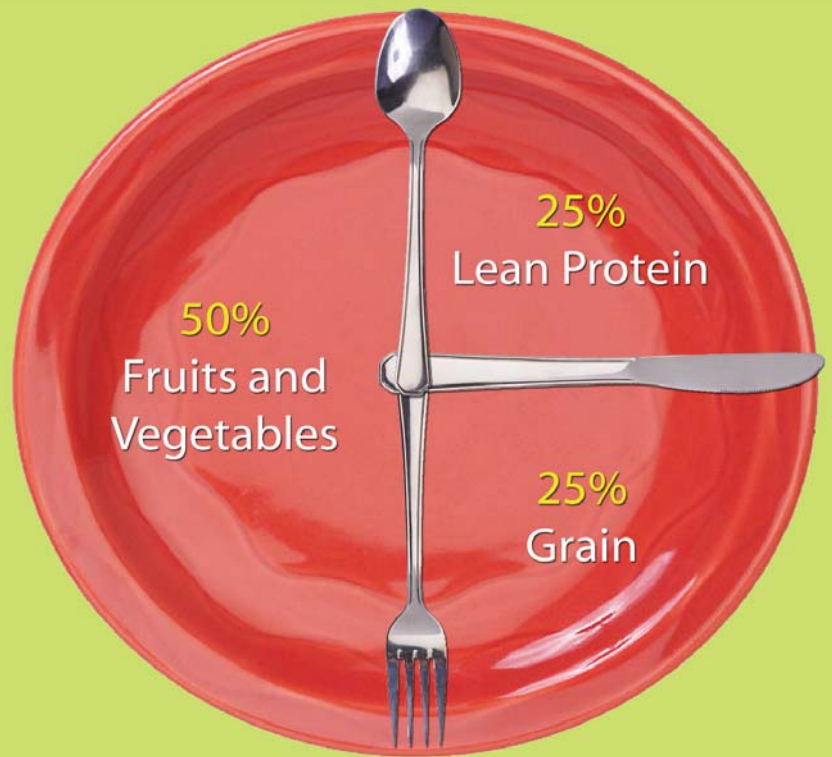


SMART EATING CHOICE

MEAL GUIDELINES:

- Ideal ratio:
50% is vegetable & fruit, 25% is lean protein, 25% is grain (whole).
- Fresh, whole, lean ingredients;
minimal processing.
- Balance with low-fat dairy/calcium;
healthy fat options.
- Portion size appropriate.



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