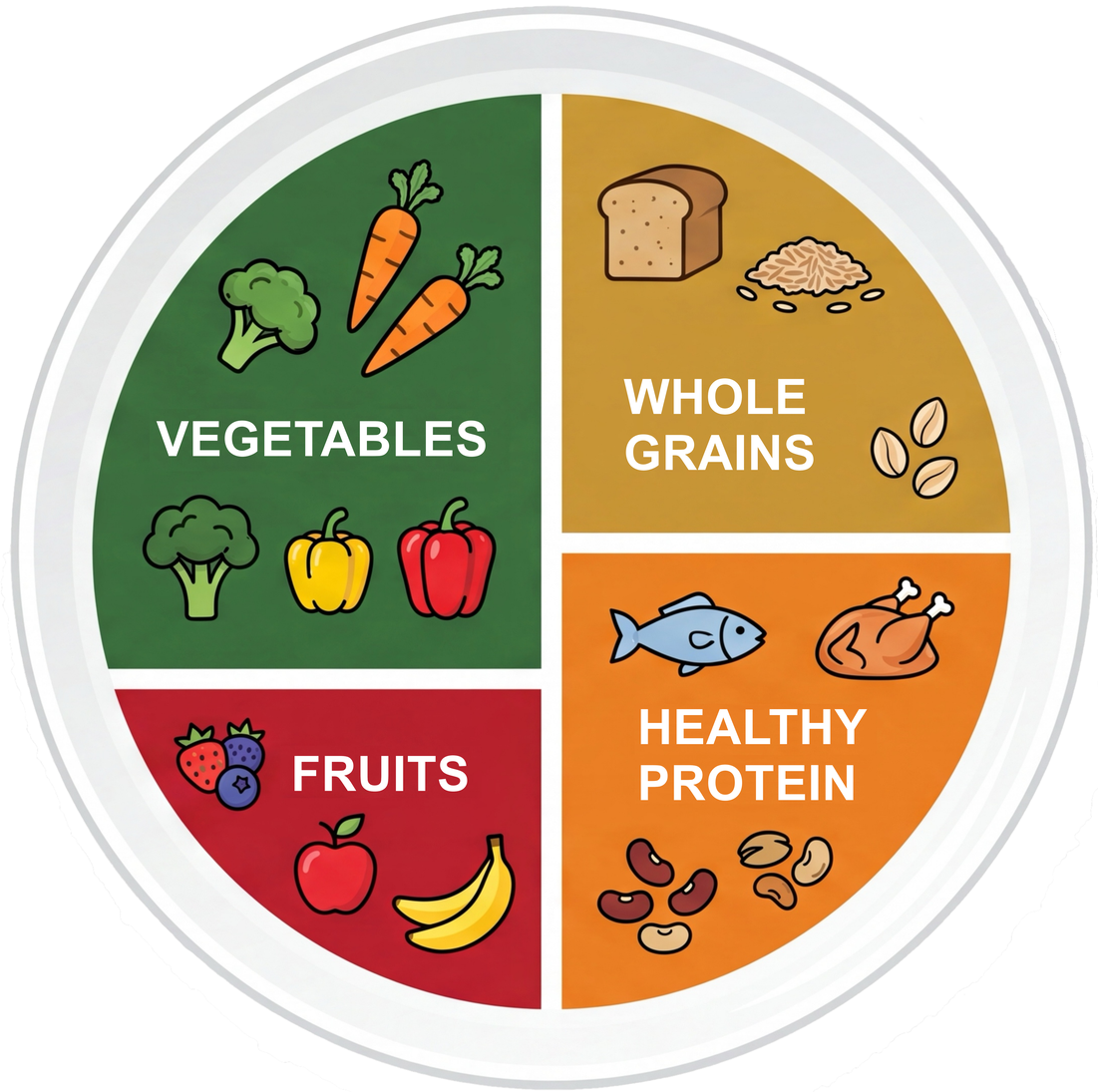
MyPlate.food

Eat Well, Live Better. It's that Simple!



WATER

Drink water, tea, or coffee (with little or no sugar). Limit dairy and juice. Avoid sugary drinks.





HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking and salad. Limit butter. Avoid trans fat.

Find tools and recipes at:
https://myplate.food

STAY ACTIVE!