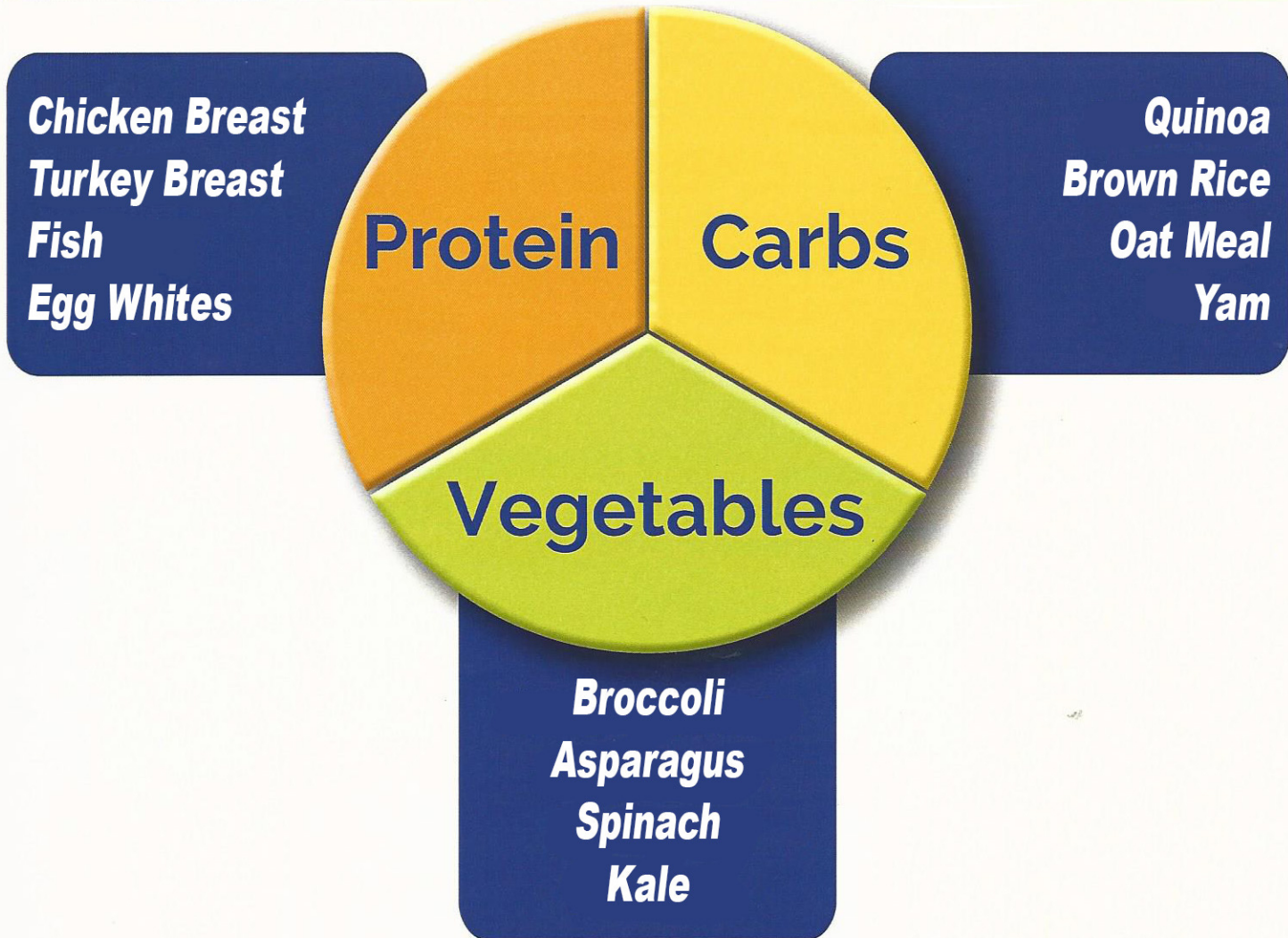




Anatomy of a Healthy Meal



- A portion of protein is approximately the size of the palm of your hand.
- A portion of carbohydrate is the size of your closed hand.
- A portion of vegetables is the amount you can stack in your cupped hand.