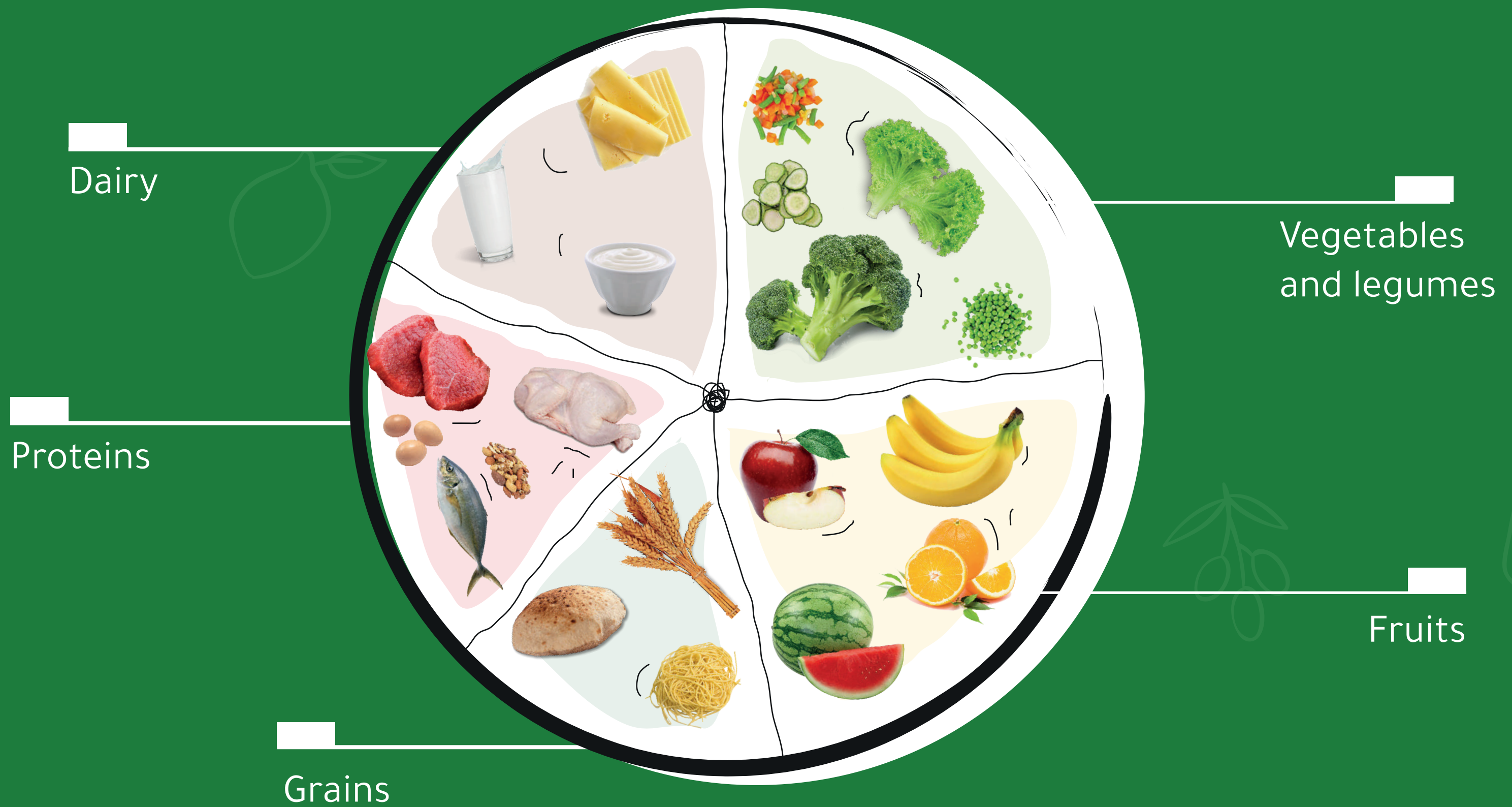




Nutrition

The Five Food Groups



The Healthy Eating Plate

The perfect meal should consist of ingredients from the five food groups. Half of your plate should be vegetables, with lots of color and variety. Fruits should also be included in this half. A quarter of your plate should be whole grains and the remaining quarter should be proteins, keeping in mind that you should limit processed meat. Healthy plant oils should be used in moderation and it is important to reduce sugary drinks and limit fruit juice. It is essential to drink plenty of safe drinking water during the day, at least eight cups a day.

