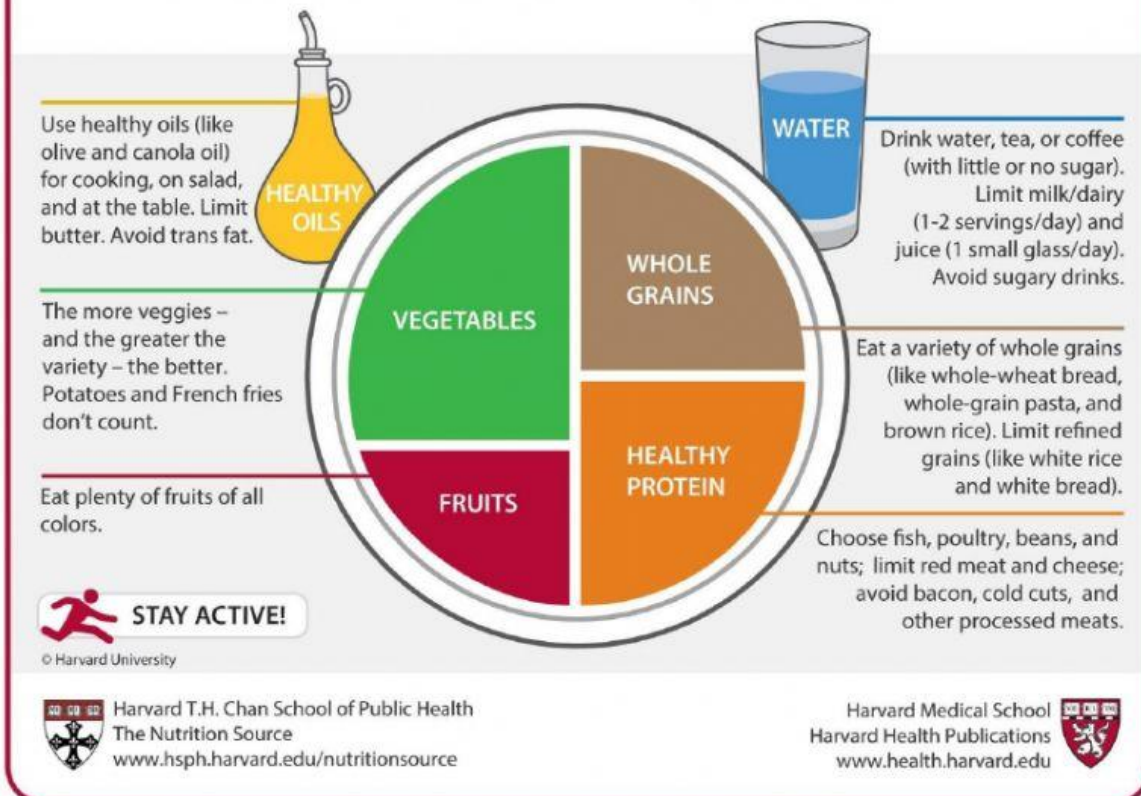


HEALTHY EATING PLATE



Read the Healthy Eating Plate information and choose the correct answers in the text below.

Building a Healthy and Balanced Diet

Make most of your meal _____ – $\frac{1}{2}$ of your plate.
Aim for color and variety, and remember that _____ don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Protein power – $\frac{1}{4}$ of your plate.
Fish, poultry, beans, and nuts are all healthy and can be a versatile _____ of protein. They can be mixed into salads, and pair well with vegetables on a plate.
Limit _____ and avoid processed meats such as bacon and sausage.

Drink water, coffee, or tea.
Skip _____, limit _____ to one to two servings per day, and limit juice to a small glass per day.