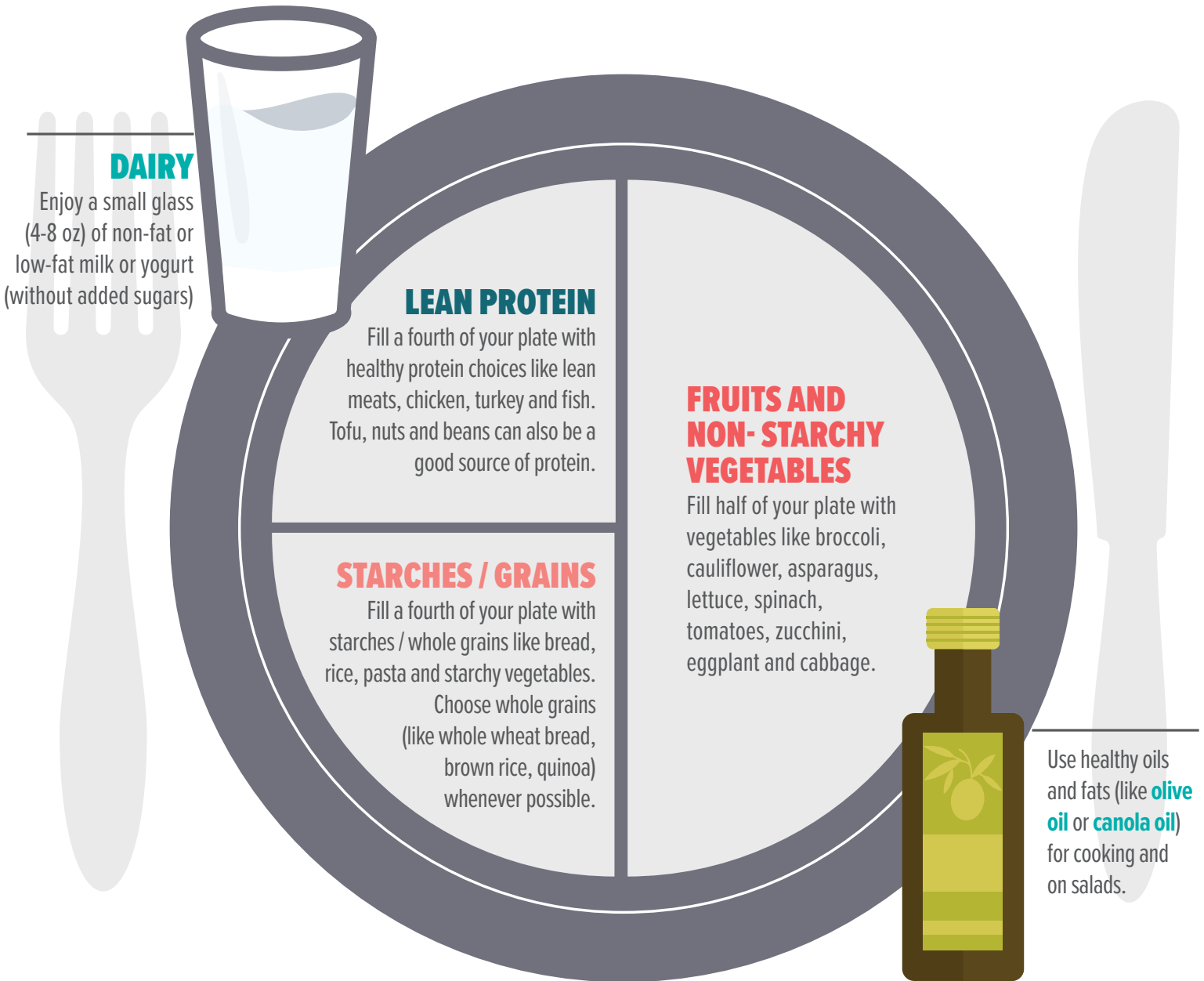


WHAT TO EAT

HOW TO PLAN YOUR MEALS

Using a 9-Inch dinner plate is one easy way to think about how to eat.



REMEMBER: In general, it's good to avoid drinking calories – water is the ultimate healthy beverage