

# POWERFUL PLATE

*Live Healthy, Live Well!*



## VEGETABLES

Half of the plate should be for vegetables. A big variety of color will help you to have a good intake of nutrients and vitamins that are essential to the body.

## LEAN PROTEIN

Helps you shed those unwanted pounds and keep your belly full. It's important to eat the right amount and the right kind of protein to get proper health benefits.

## WHOLE GRAINS

Consuming whole grains as part of a healthy diet may reduce the risk of heart disease and constipation.

