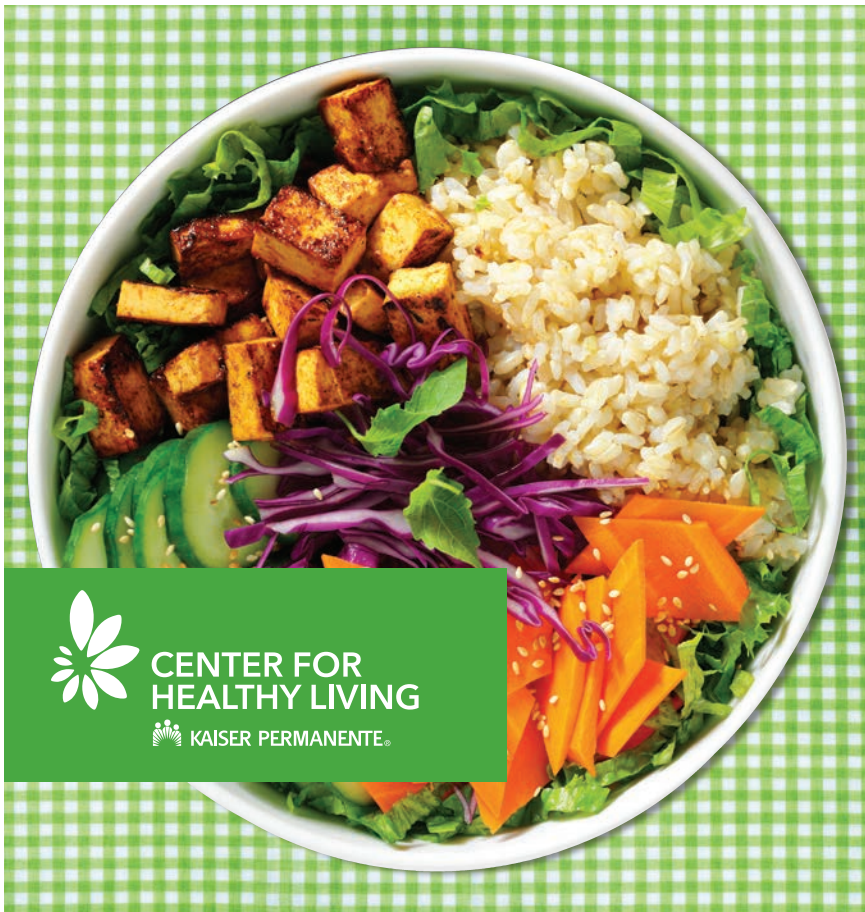


find your

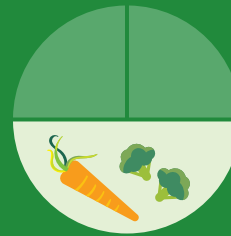
HEALTHY BALANCE



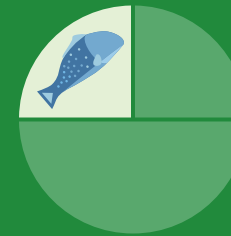
CENTER FOR
HEALTHY LIVING
KAISER PERMANENTE

HEALTHY BALANCE

To create a healthy plate at each meal, fill each section of a 9-inch plate like this.



Vegetables



Lean Protein



Healthy Grains
& Starches

Also choose each day:



3 fruit
servings



4 healthy fat
servings



2 to 3 cups of
low-fat dairy and
alternatives



64 ounces
of water

To learn more, visit kp.org/healthybalance.