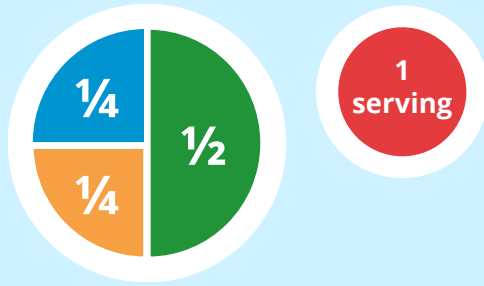


My Healthy Plate



$\frac{1}{4}$ plate | Wholegrains

e.g. brown rice, multigrain bread, rolled oats

$\frac{1}{4}$ plate | Meat, tofu and others

e.g. chicken breast, fish, tofu, legumes, lean meat

$\frac{1}{2}$ plate | Vegetables

e.g. leafy greens, eggplant, mushrooms

1 serving | Fruit

e.g. 1 medium apple, 1 handful of blueberries,
1 wedge of papaya

Complete your meal with 1 serving of fruit