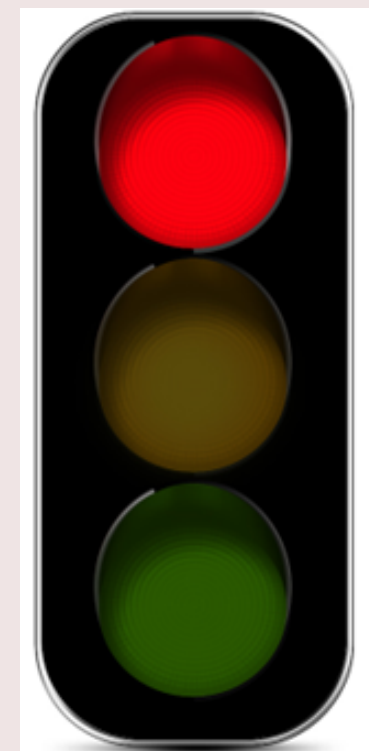
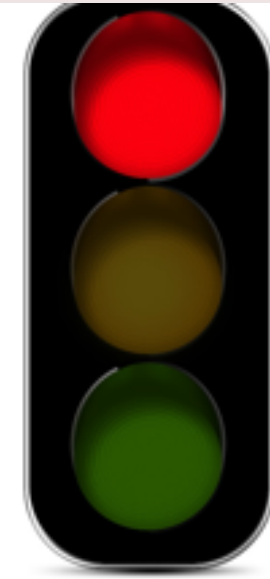
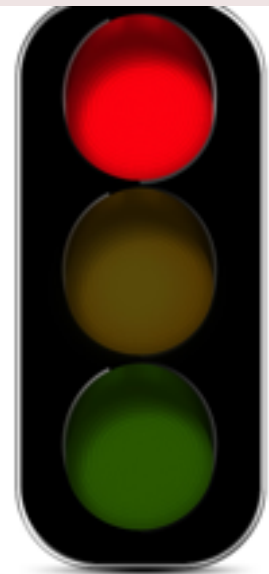


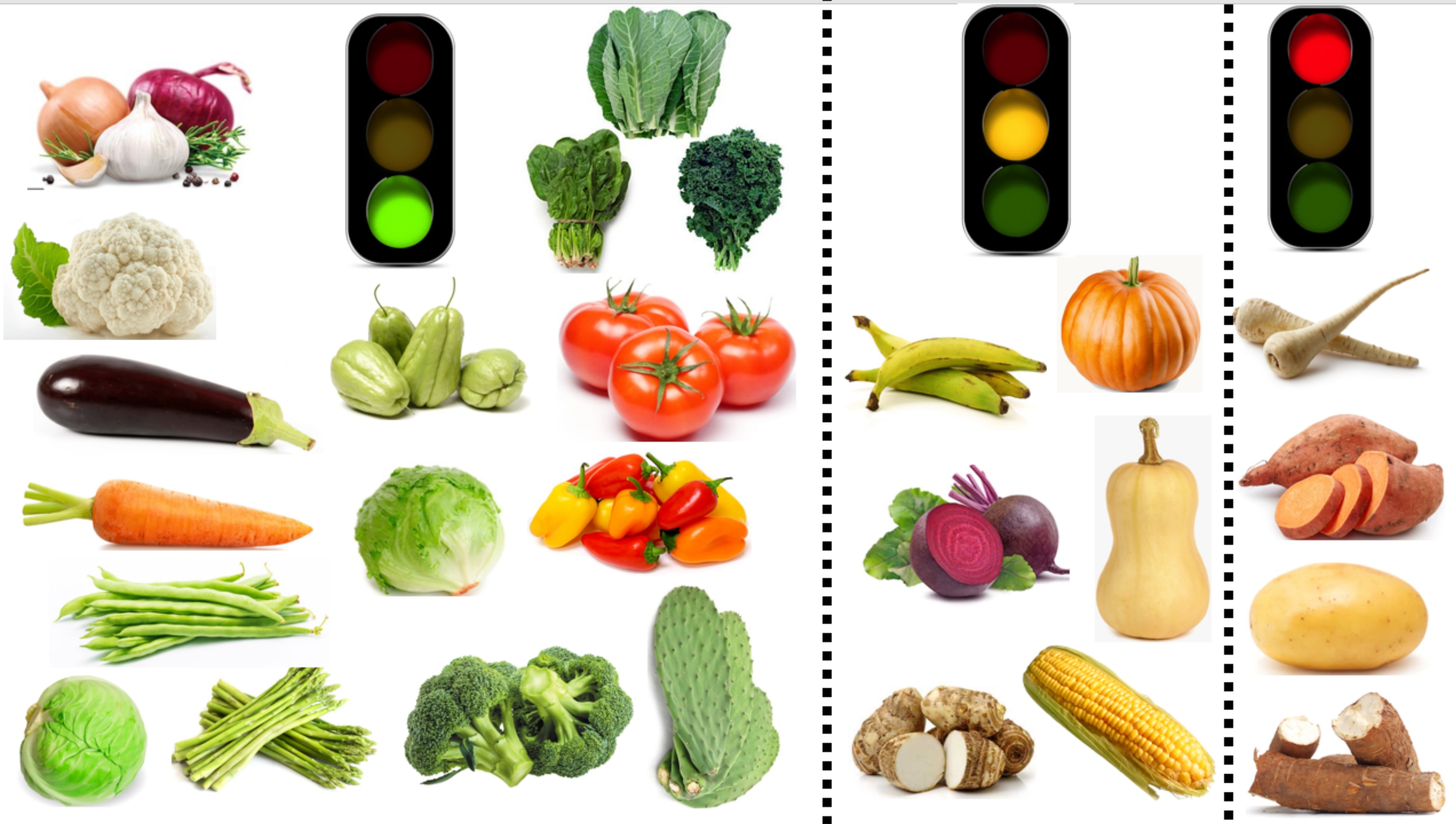
Go, whoa, and Go Slow

A visual guide to nutrition





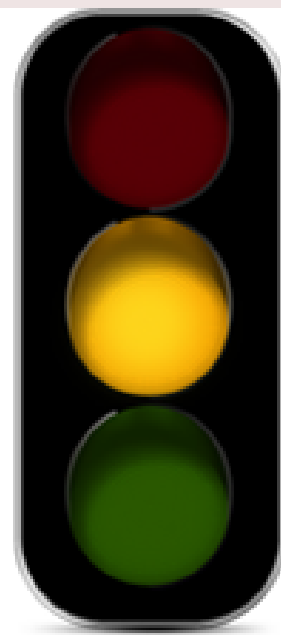
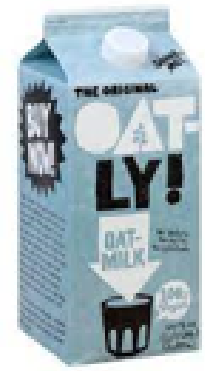








Verde



Amarillo

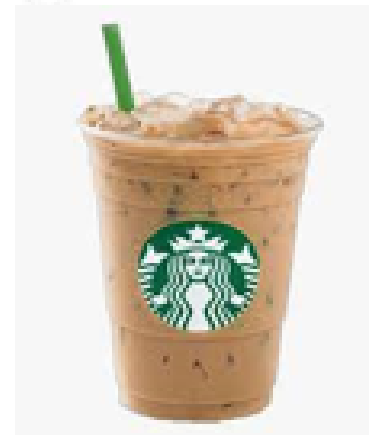
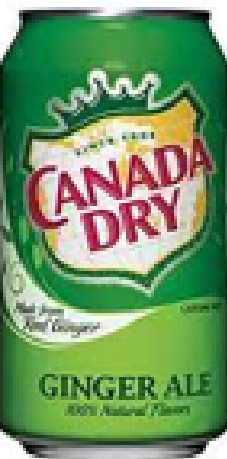


Rojo

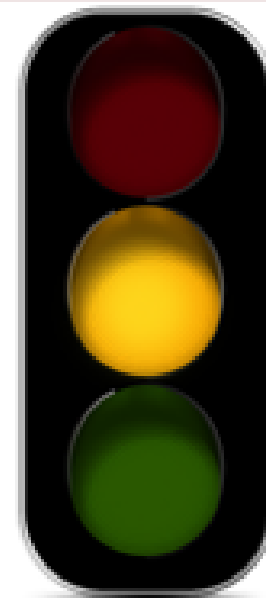




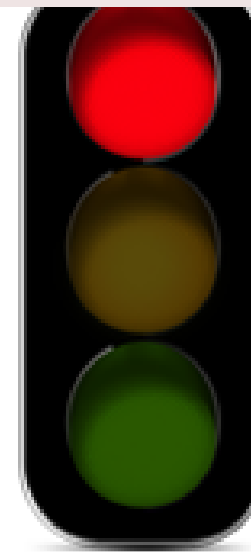
Verde
0-5g
sugar



Amarillo
10-25g sugar



Rojo
30g+
sugar

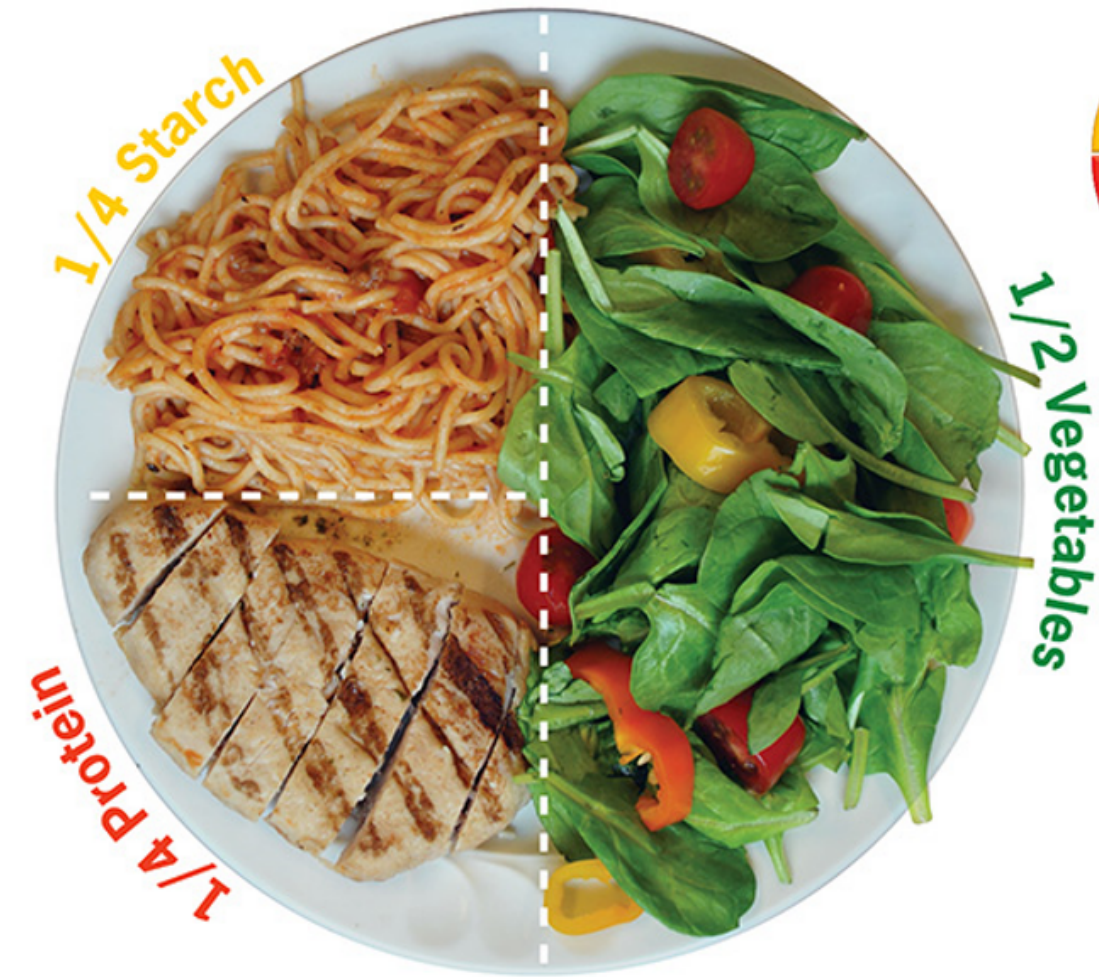


Healthy Portions!



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My Healthy Plate



Plan the portions on your plate.



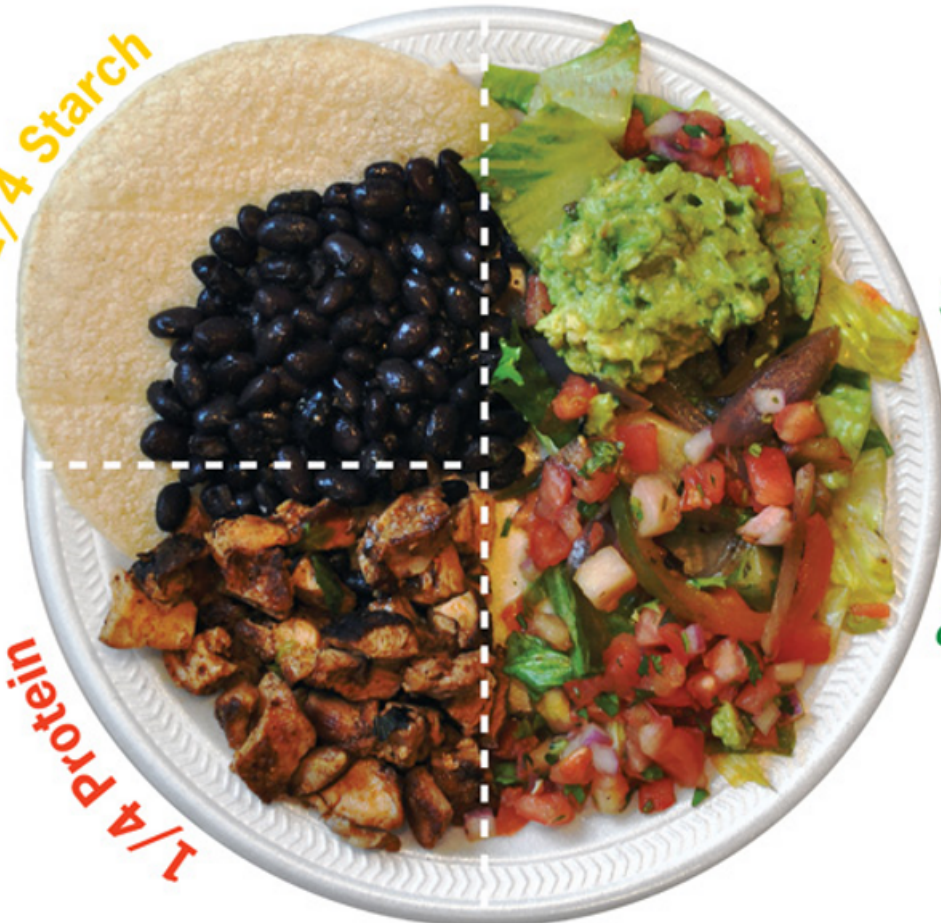
Optional Fruit or Dairy



My Healthy Plate



1/4 Starch



1/2 Vegetables

Plan the portions on your plate.



Optional Fruit or Dairy



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Remember:

- limit carbohydrates to 1/4 plate
- "Choose 1" carb per meal