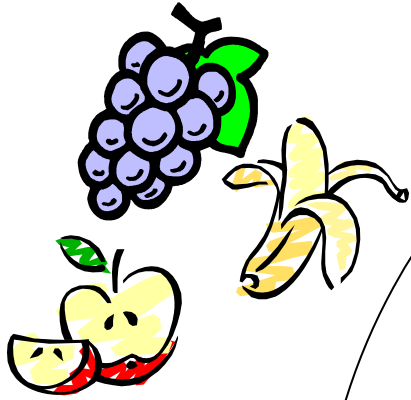


HEALTHY FOOD CHOICES YOUR PLATE

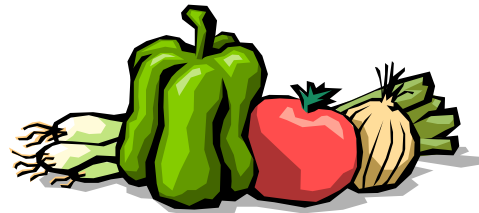
Fruits



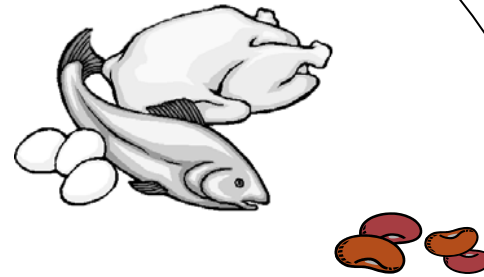
Milk



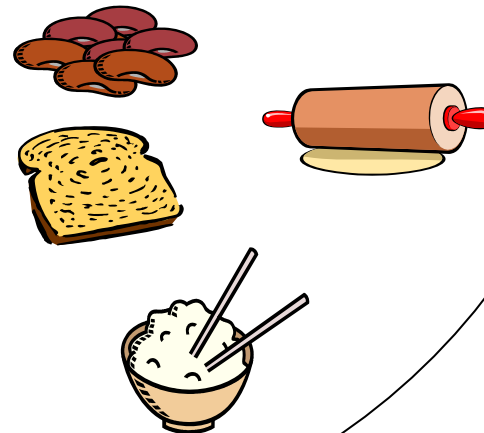
Vegetables



Protein



Starch



Fat



Eat 3 meals a day

Drink Water

No special foods needed

San Francisco Department of Public Health
San Francisco General Hospital Medical Center, 2/04,4/11

