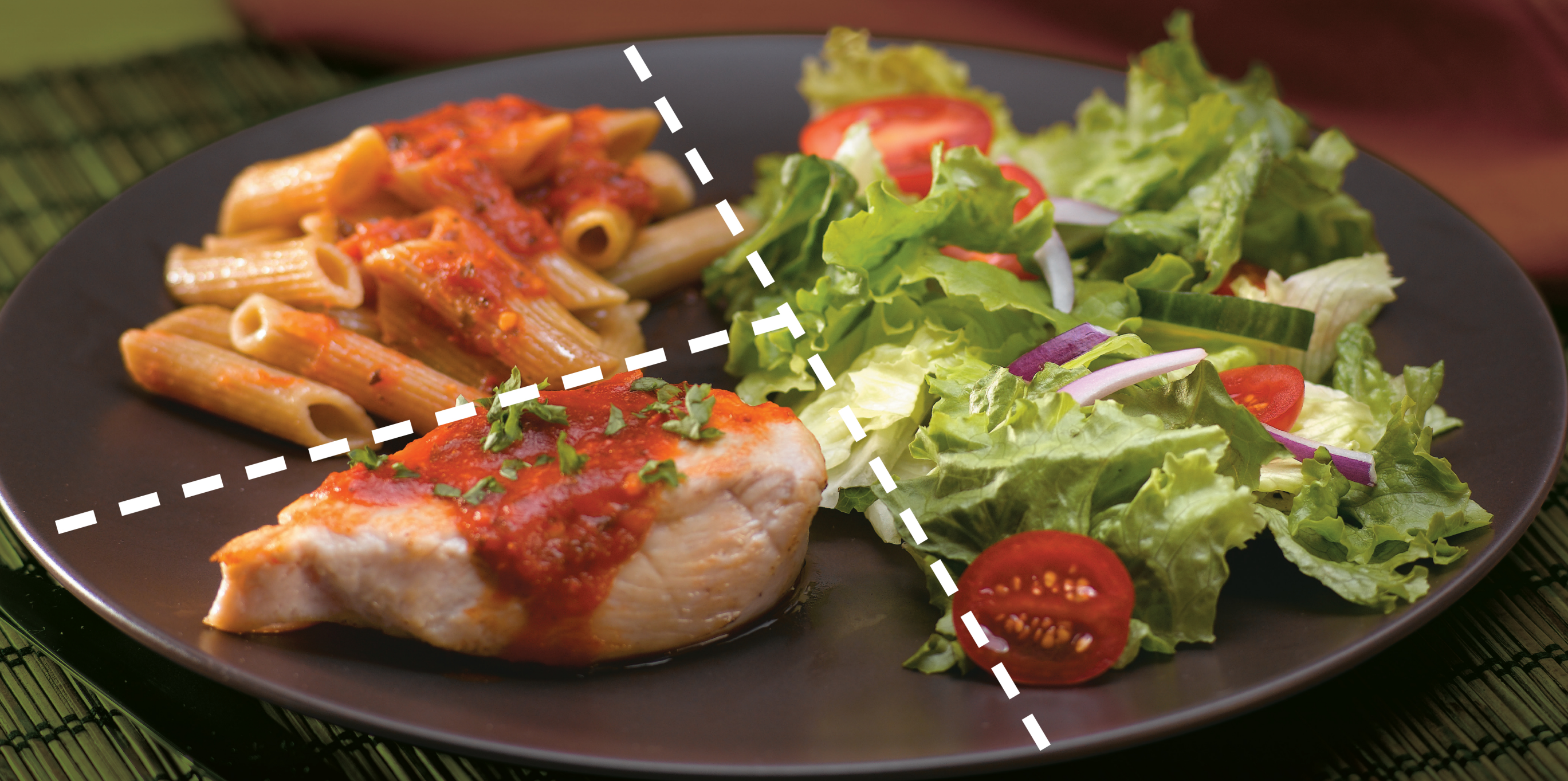


KNOW your PORTIONS

Plan a healthy plate—fill half your plate with vegetables and fruit.



Use Canada's Food Guide to learn how much food is right for you.