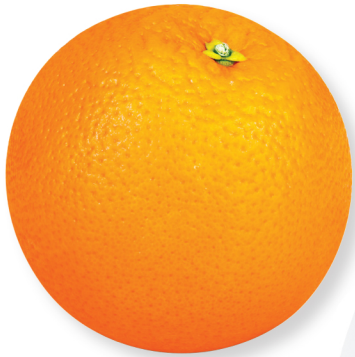


MY BALANCED PLATE: AMERICAN CULTURE



- ① 1/2 VEGETABLES (I.E. SALAD)
- ② 1/4 PROTEIN (I.E. CHICKEN)
- ③ 1/4 STARCH (I.E. PASTA)