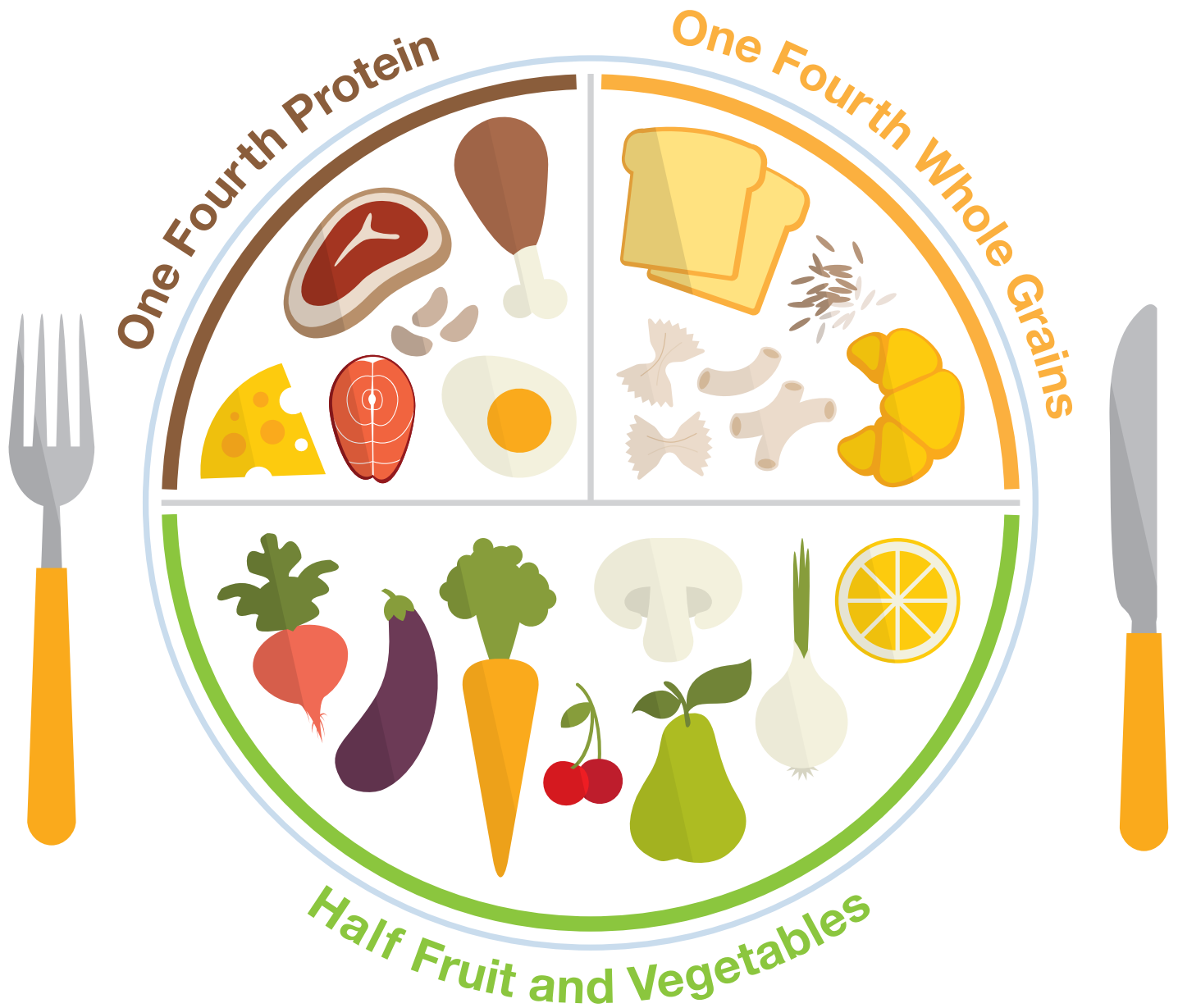


# HEALTHY EATING PLATE



**Drink Water**



**Use Healthy Oils**



**Stay Active**

Reference:Harvard School of Public Health  
Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.