

Fuel your body! Half of your plate should be covered by fruits and vegetables. The other half should be split by whole grains and protein.



Radhakrishnan, R. (2020, September 2). My Plate: What Should Your Plate Look Like? *MedicineNet*.



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IL HPP WEBSITE



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MAKE IT MATTER

This was developed and funded in whole and or part, by grants from the Illinois Department of Human Services and Center for Disease Control. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of IDHS, CDC, or HHS, and should not be construed as such.