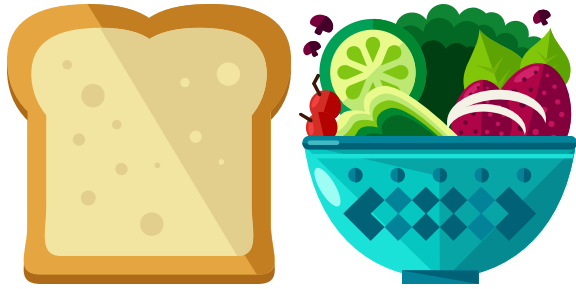


Less Food, More Life!

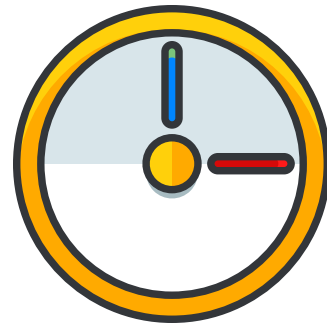


Include more
nutrient-dense,
plant-based foods.

Think leafy greens, berries, citrus,
beans, and whole grains.

Reduce **serving sizes**
at meals and snacks.

Try using smaller plates!



Pay attention to **how**
often you eat.

Are you truly hungry, or is something
eating you that's making you eat?

Get **active**, every
day!

Balance your calories with physical
activity.

