

# A Food Guide

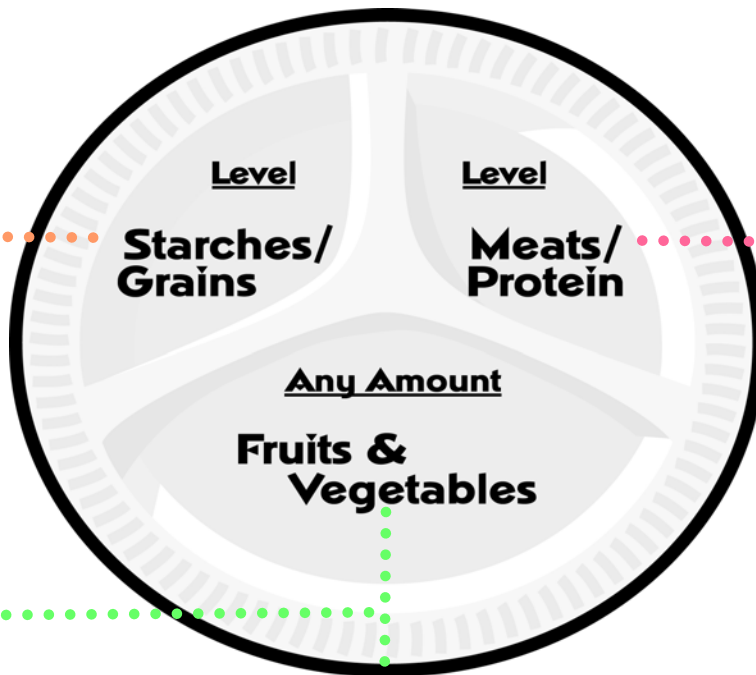


Keep well hydrated. Drink water often, with your meals and between your meals.

Drink low-fat or fat-free milk. If you can't consume dairy, choose another calcium source such as calcium fortified beverages and foods.

A starch/grain fills a fourth of the plate no more than 1/2 an inch high. Choose whole grains whenever possible.

A meat/protein food would fill the remaining fourth of the plate. Choices should be generally low in fat.



Pile as **high** as desired, and feel free to go for seconds!

Choose a low fat dressing. Vary choices. Eat fruits and vegetables of different colors and forms - fresh, frozen, or canned.

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**For NEW-SNAP-Ed nutrition education programs,** contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124



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