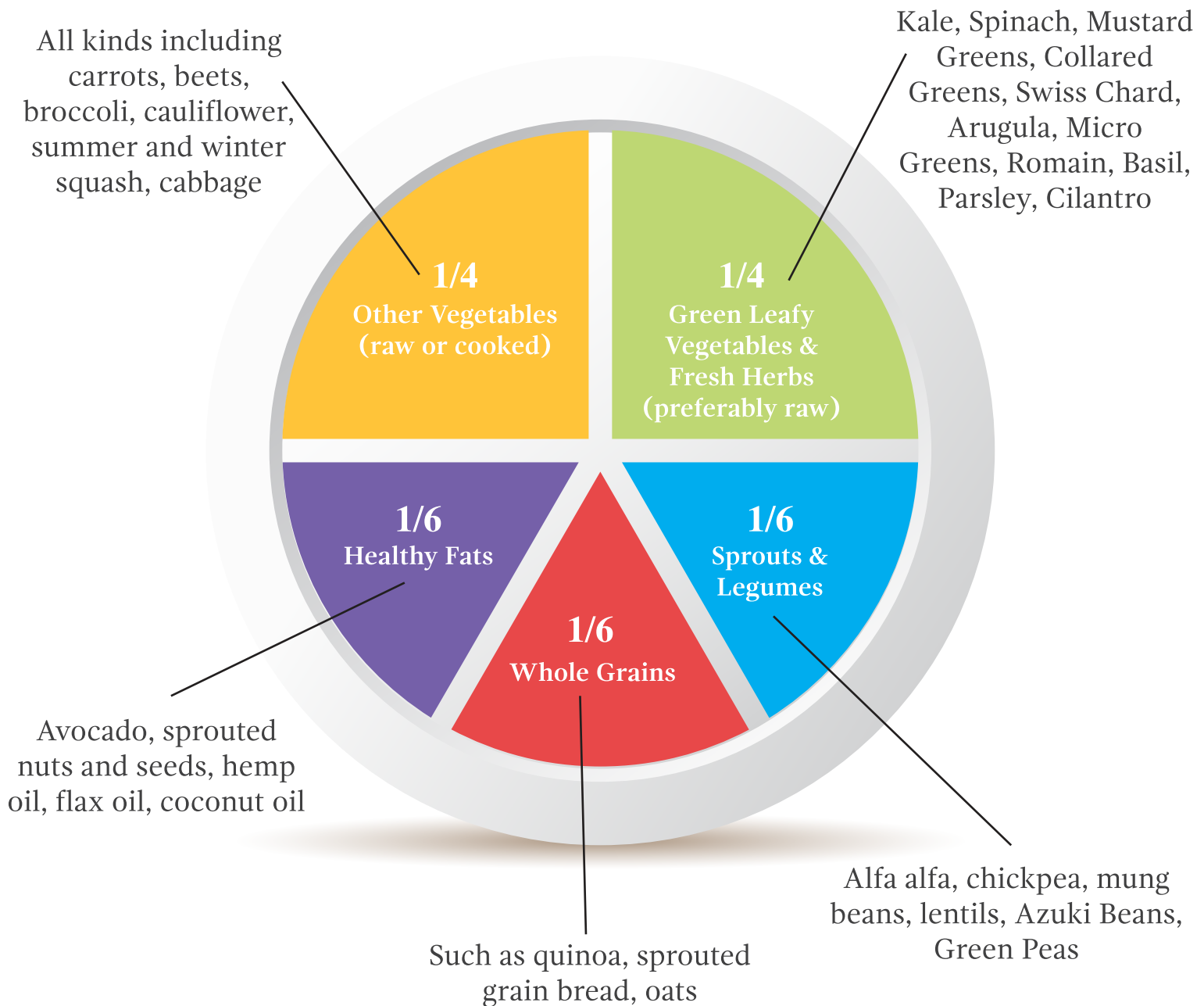


# Plant Based Plate



**Water:** Clean, room temperature



**Fruit:** All kinds, fresh, in season.

## TIPS

- Eat slowly and stop when 80% full
- Choose local and organic foods whenever possible
- Choose whole non processed foods