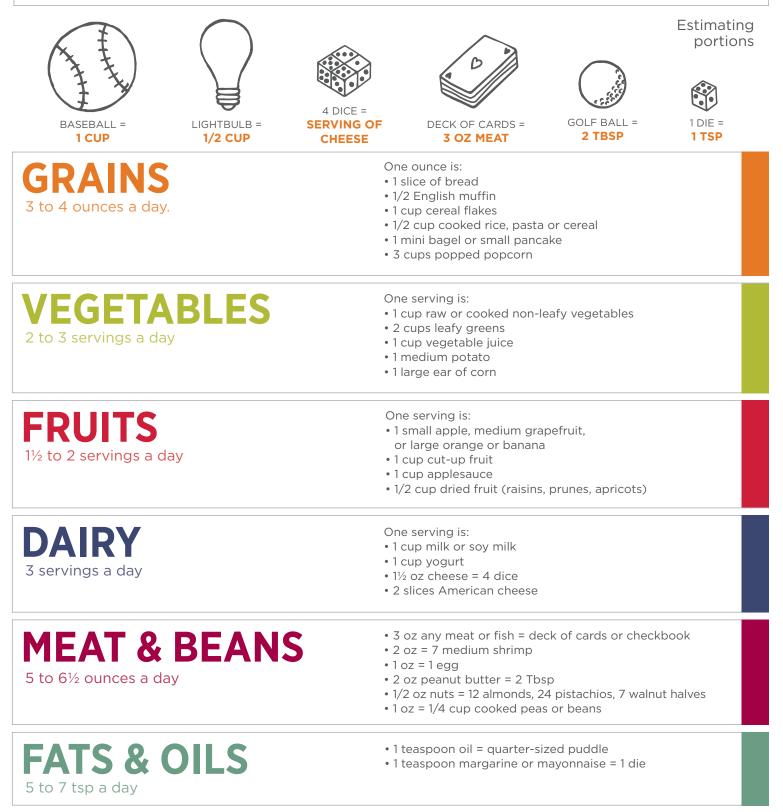
A BALANCED DIET with HEALTHY PORTION SIZES

is one of the best ways to prevent heart disease.



Recommendations based on an adult who gets less than 30 minutes of moderate physical activity a day. Talk to your health care provider or visit choosemyplate.gov to determine what is appropriate for you.

