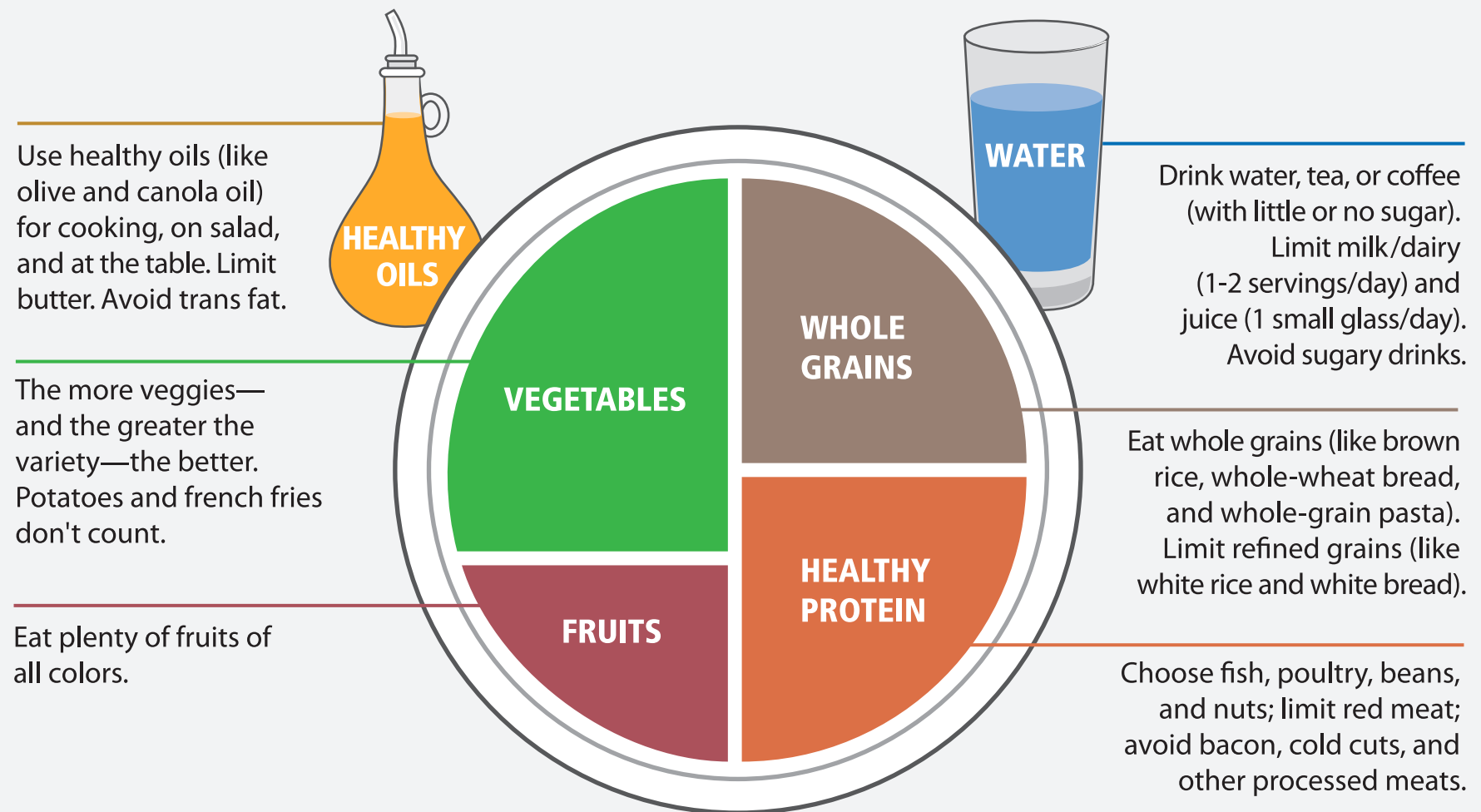




Women's Health
Council of RI

HEALTHY EATING PLATE



SOURCE: Harvard School of Public Health, The Nutrition Source, www.hsph.harvard.edu/nutritionsource, Harvard Medical School, Harvard Health Publications, www.health.harvard.edu

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