

WIC FACTS Newsletter

Evaluation

PLANNING HEALTHY MEALS

(Based on the “Be Wise about your Portion Size” campaign)

January 2006

Circle True or False

- | | | |
|---|------|-------|
| 1. People need to eat a variety of healthy foods. | True | False |
| 2. About half of your plate should contain fruits and vegetables. | True | False |
| 3. Do <u>not</u> limit solid fats and sweets in your daily diet. | True | False |

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