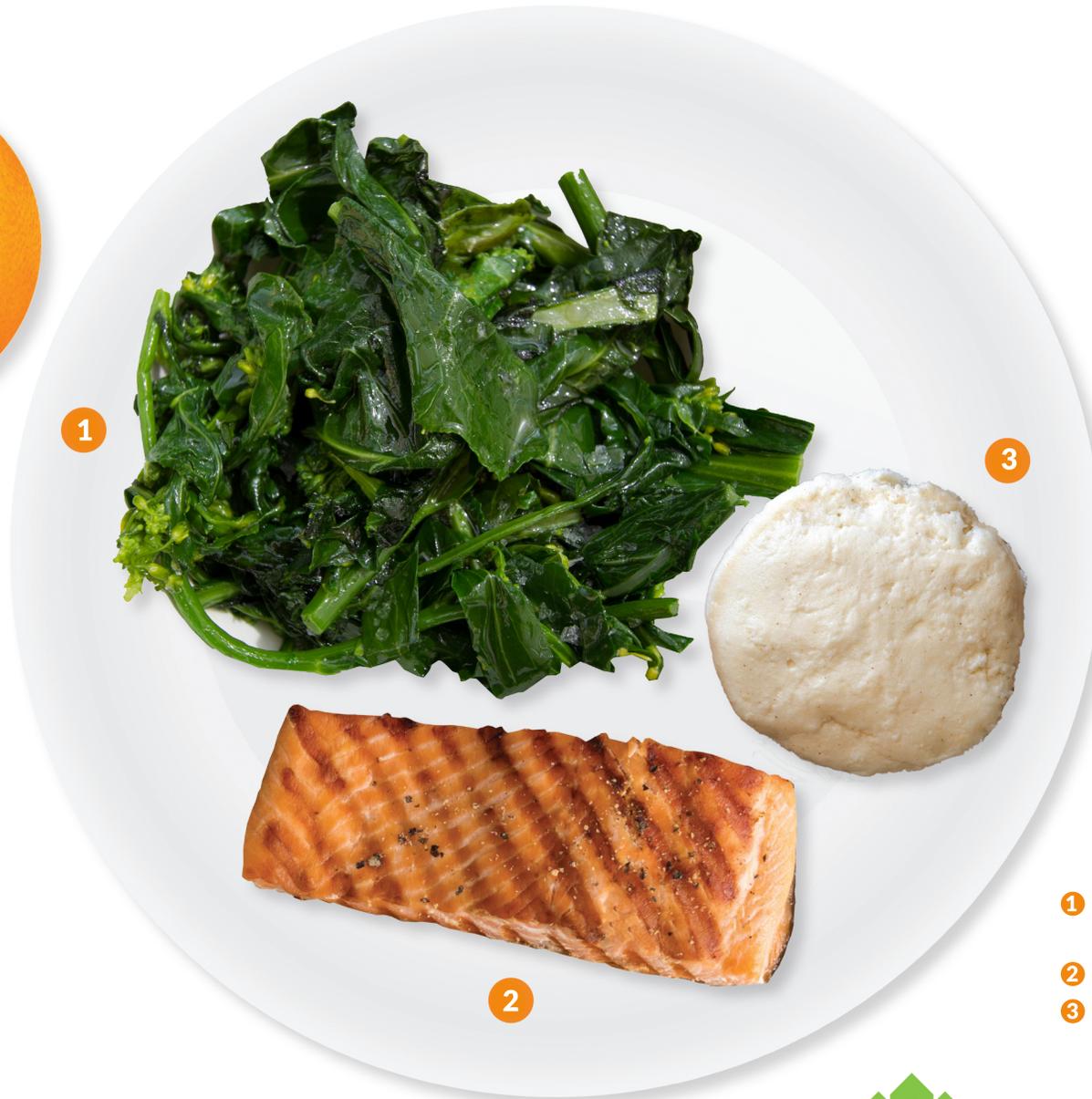
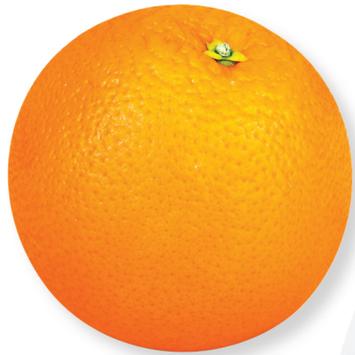


# MY BALANCED PLATE: AFRICAN CULTURE



- ① 1/2 VEGETABLES (I.E. COOKED GREENS)
- ② 1/4 PROTEIN (I.E. CHICKEN & FISH)
- ③ 1/4 STARCH (I.E. UGALI/FUFU)