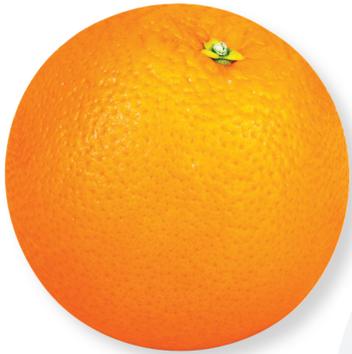


# MY BALANCED PLATE: ASIAN CULTURE



- ❶ 1/2 VEGETABLES (I.E. VEGETABLE CURRY/MIXED VEGETABLE DISH)
- ❷ 1/4 PROTEIN (I.E. CHICKEN)
- ❸ 1/4 STARCH (I.E. WHITE RICE)