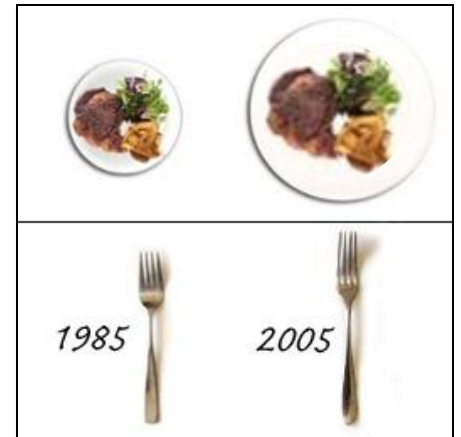


As Americans, our plate size and portions have almost doubled in the last twenty years, causing many to consume more calories and fats than they need. Excess calories consumed translates into weight gain, which can lead to increased risk for chronic diseases such as heart disease, diabetes, stroke, high blood pressure, and high cholesterol.



Join the Small Plate Movement Challenge and eat off of a 10" plate for your largest meal of the day for one month. Eat fewer calories, become less at risk for chronic diseases, and enjoy better health! For more information visit: <http://www.smallplatemovement.org/>

