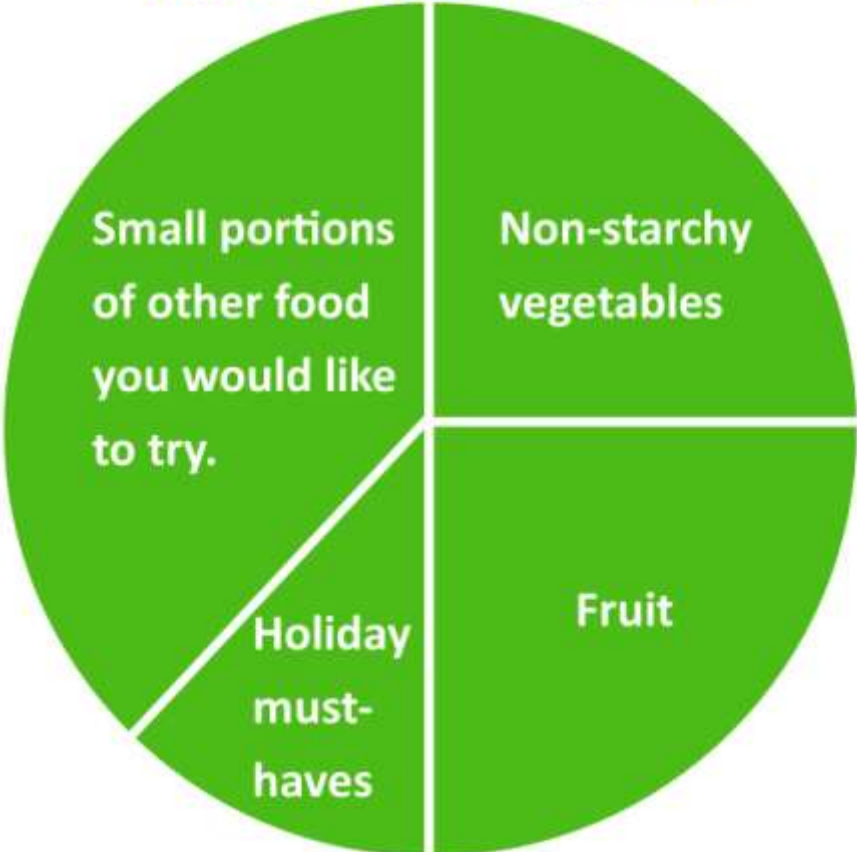


At your next holiday party, make your plate look like this to keep it in the healthy zone. **Step 1: fruits & veggies, Step 2: holiday must-have, Step 3: samples of other foods.** Be sure to include 2-3 oz of protein somewhere among your choices to give you staying power.

### My Healthy Holiday Plate



When should I STOP EATING?

