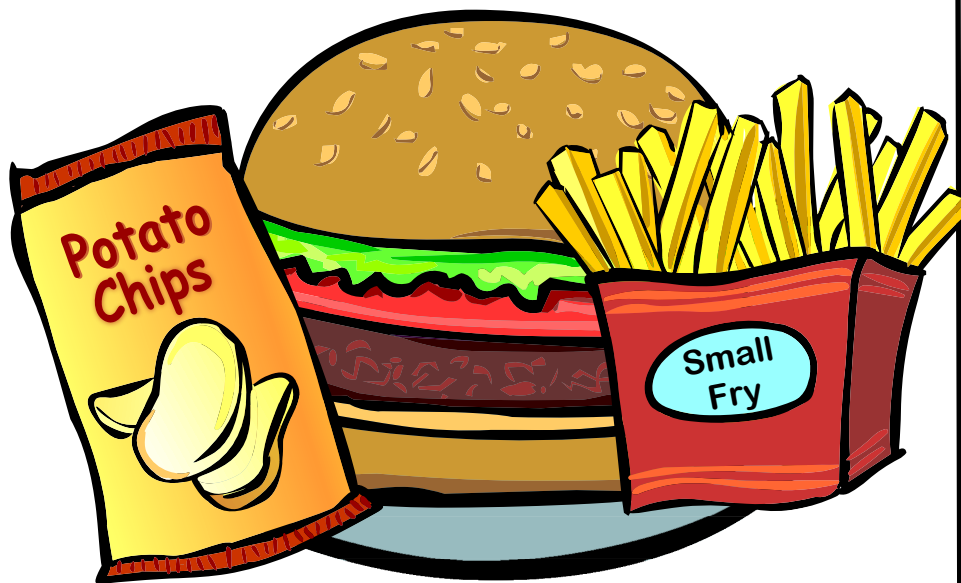


- 3** Avoid large portion sizes:
- Use a smaller plate and glass.
 - Vegetables and fruits should take up half of your plate.



The portions are too large:



This is just right:

