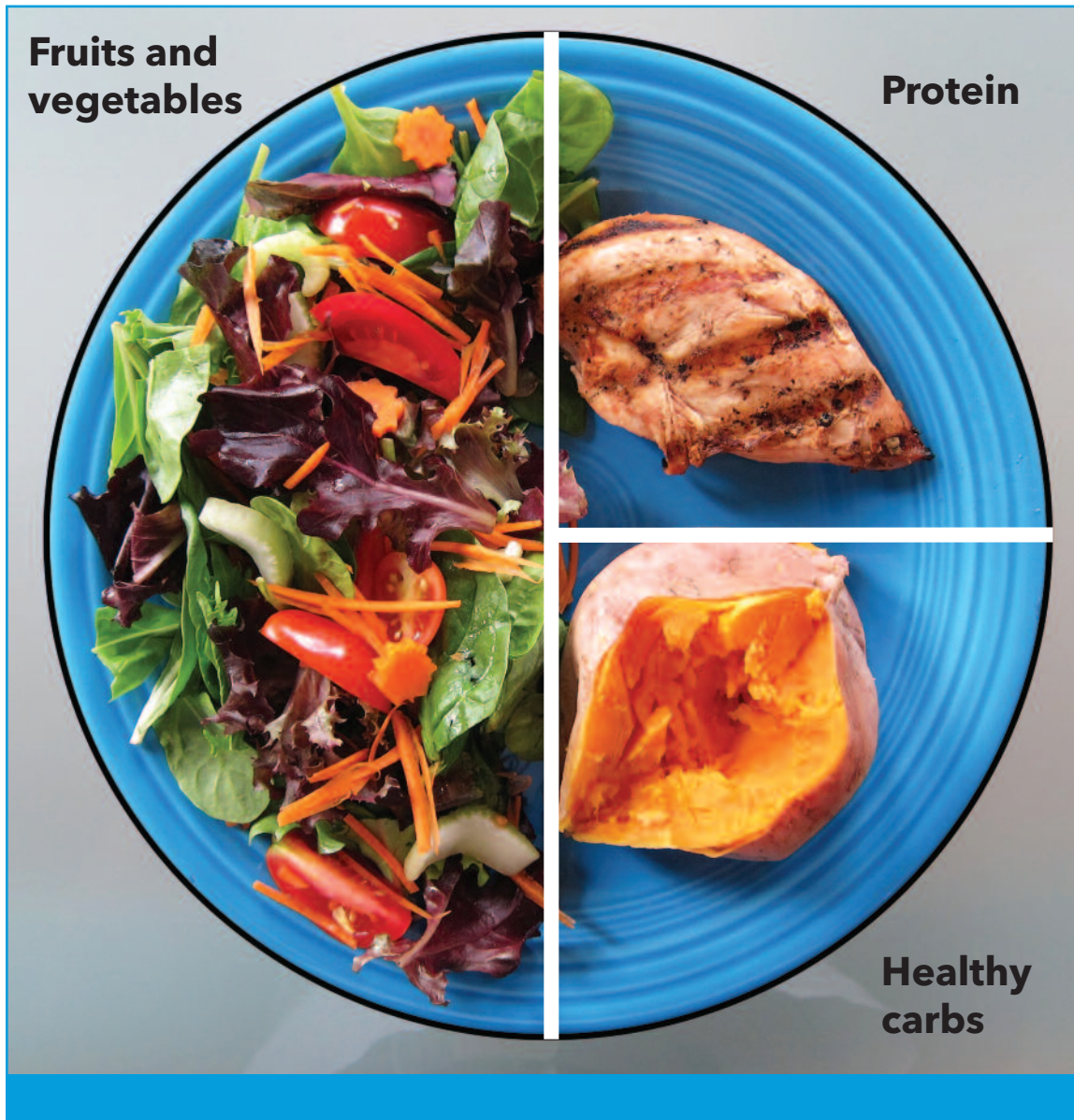


## The Healthy Plate

Think of your plate as different sections. One half is for vegetables, and the other half is for proteins and healthy carbohydrates (carbs).



ACP is a national organization of internal medicine physicians whose mission is to promote quality, effectiveness, excellence and professionalism in the practice of medicine.

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