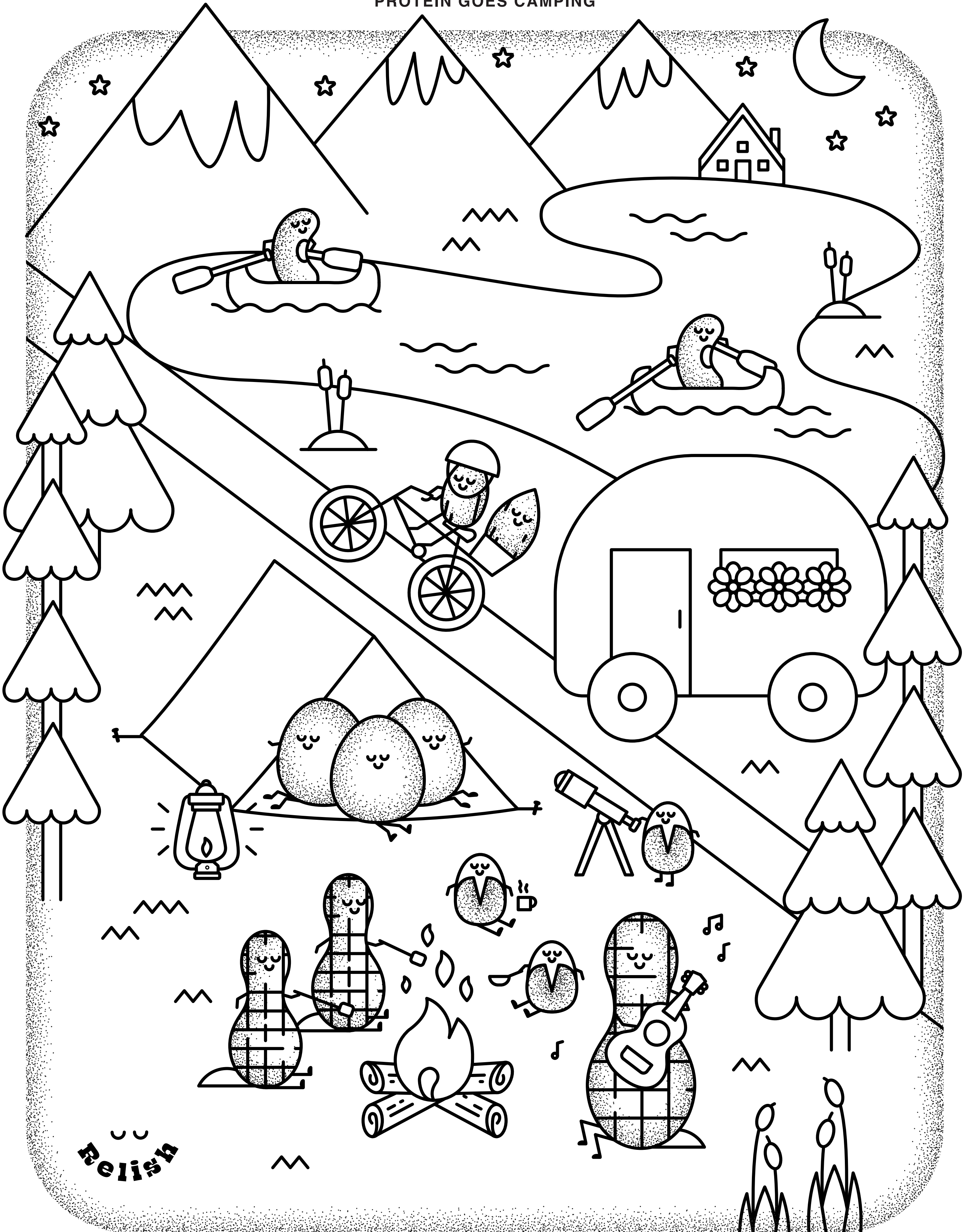
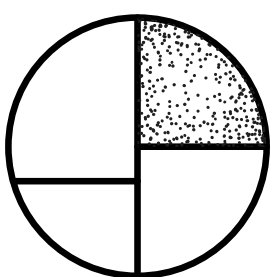


PROTEIN GOES CAMPING



4

5



RELISH celebrates the enjoyment of nutrition through a collection of posters inspired by *The Healthy Eating Plate*, a guide developed by *Harvard School of Public Health* for creating balanced meals.

Your goal should be to make  $\frac{1}{4}$  of your plate protein.

What proteins have you eaten today? \_\_\_\_\_

This poster was brought to you by:

