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- 3 Serve Small, Right-sized Portions.
- 4 Serve Fresh Fruit As A Side Or Dessert.
- 5 Select Whole Grains For Breads, Side Dishes, And Baked Goods.
- 6 Select Healthy Proteins And At Least

One Plant-based, Vegetarian Option. 7 Serve Dressings And Condiments On The Side. 8 Plan Activity Breaks Into The Agenda. Jan 1th, 2021

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