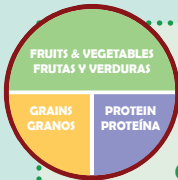




CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

¡Viva Health!

Eat well, feel great.



**1/2 your plate
fruits & veggies,
every meal,
every day.**

**For portion
control, use a
smaller plate.**



**Drink water,
not sugary
drinks.**



Chronic Disease Prevention Program
San Antonio Metropolitan Health District
www.sanantonio.gov/VivaHealth
(210) 207-2722



**#VIVAHEALTHSA
#PICYOURPLATE**

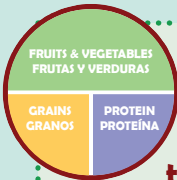




CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

¡Viva Health!

Come bien, siéntete bien.



**Llena 1/2 plato
con frutas y
verduras, durante
cada comida,
todos los días.**

**Para controlar
tu porción,
utiliza un plato
más pequeño.**



**Bebe agua,
y no bebidas
azucaradas.**



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