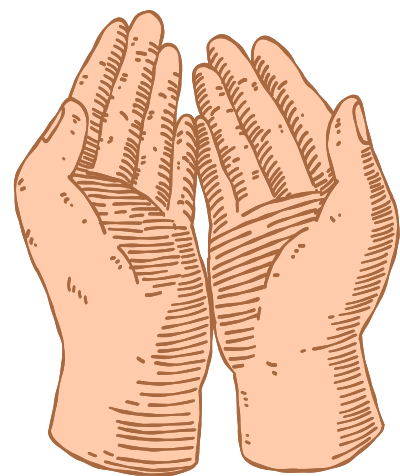


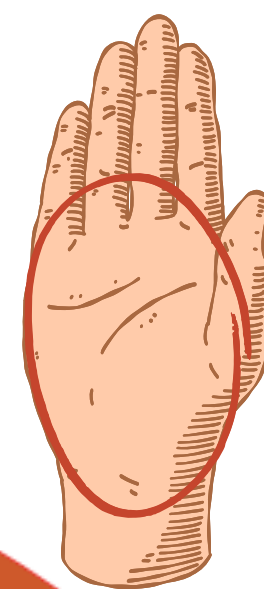


Aboriginal Healthy Eating Plate

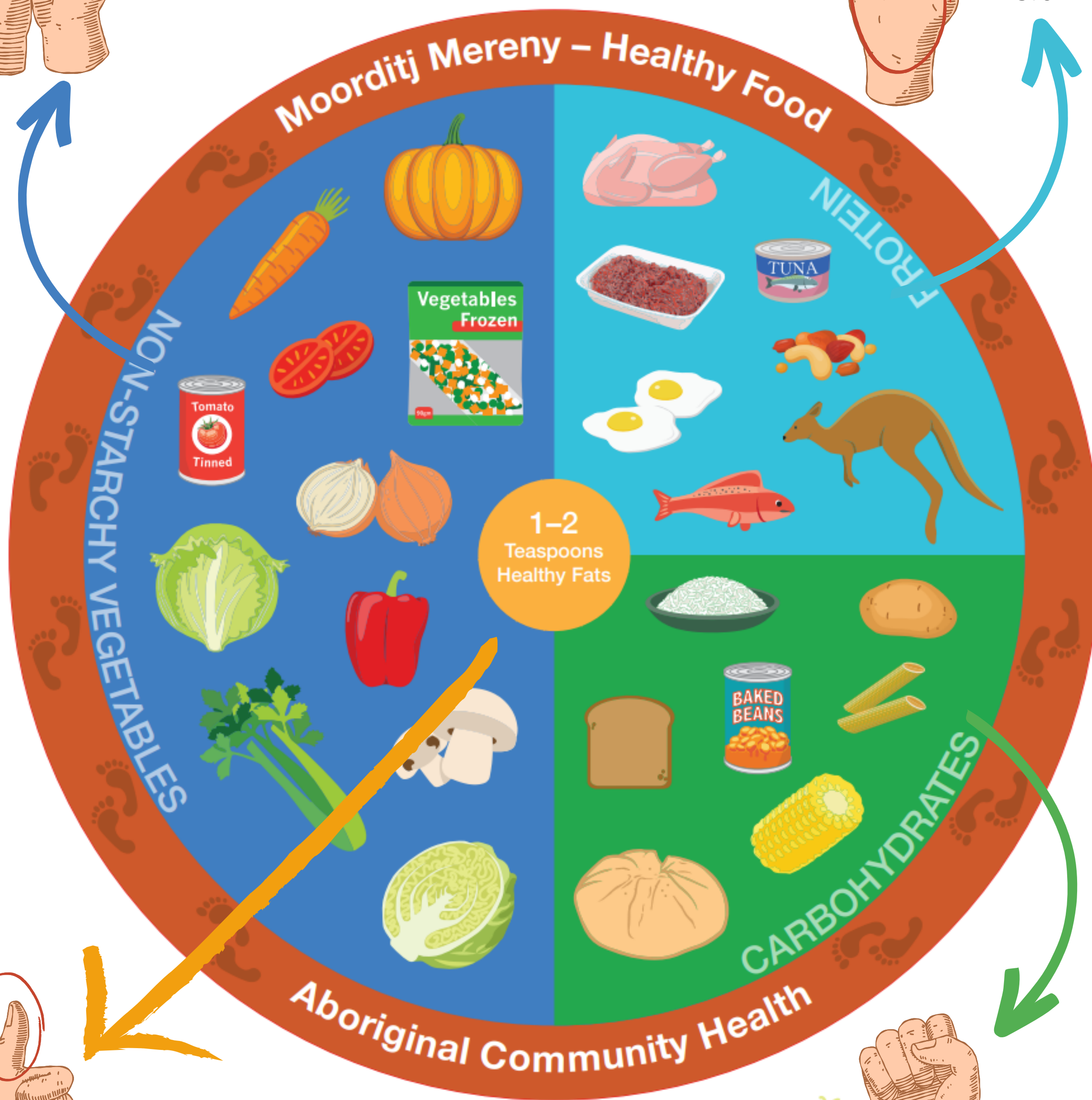
This resource was created to be used in combination with the Aboriginal Healthy Eating Plate. You can use this as a guide to prepare a healthier main meal.



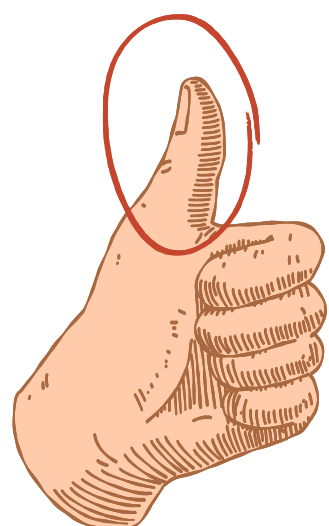
2 cupped hands full



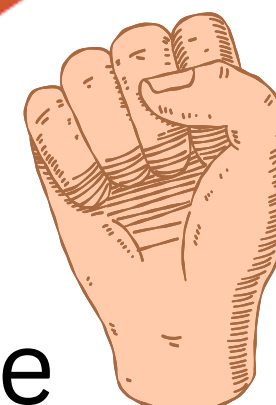
Palm size



Please extend border to reach edge of paper



Thumb size



Fist size



The voice of the Aboriginal community is reflected in this resource through Aboriginal consultation to ensure that cultural appropriateness and the health impacts on Aboriginal people have been considered and incorporated (Record ID: xxxx)