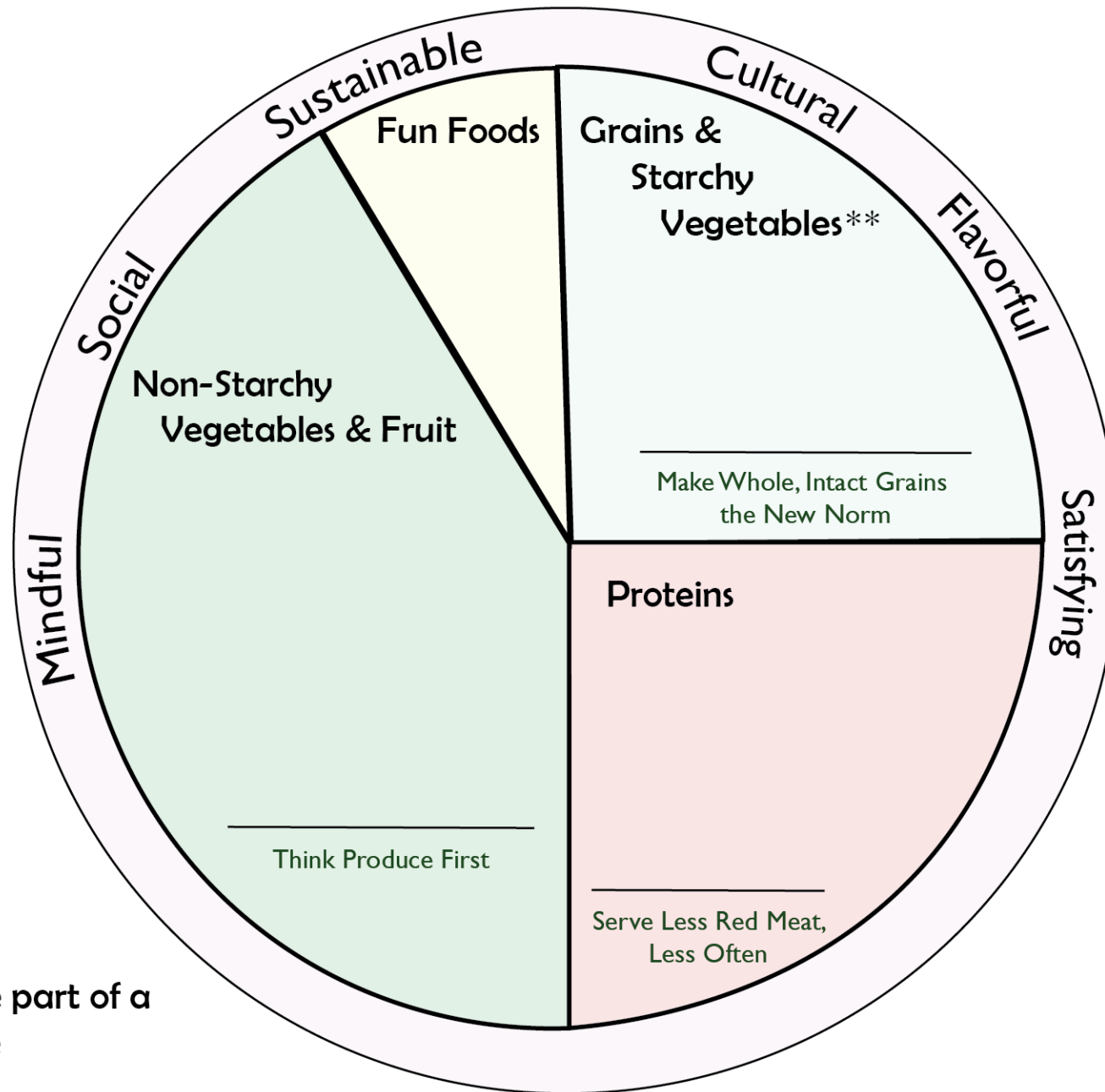


Balanced Eating at Boston College



* Dietary Fats are part of a balanced plate

** This plate is meant for a moderate eater. If doing one or more hours of exercise most days, an individual needs to consume more grains & starchy vegetables.