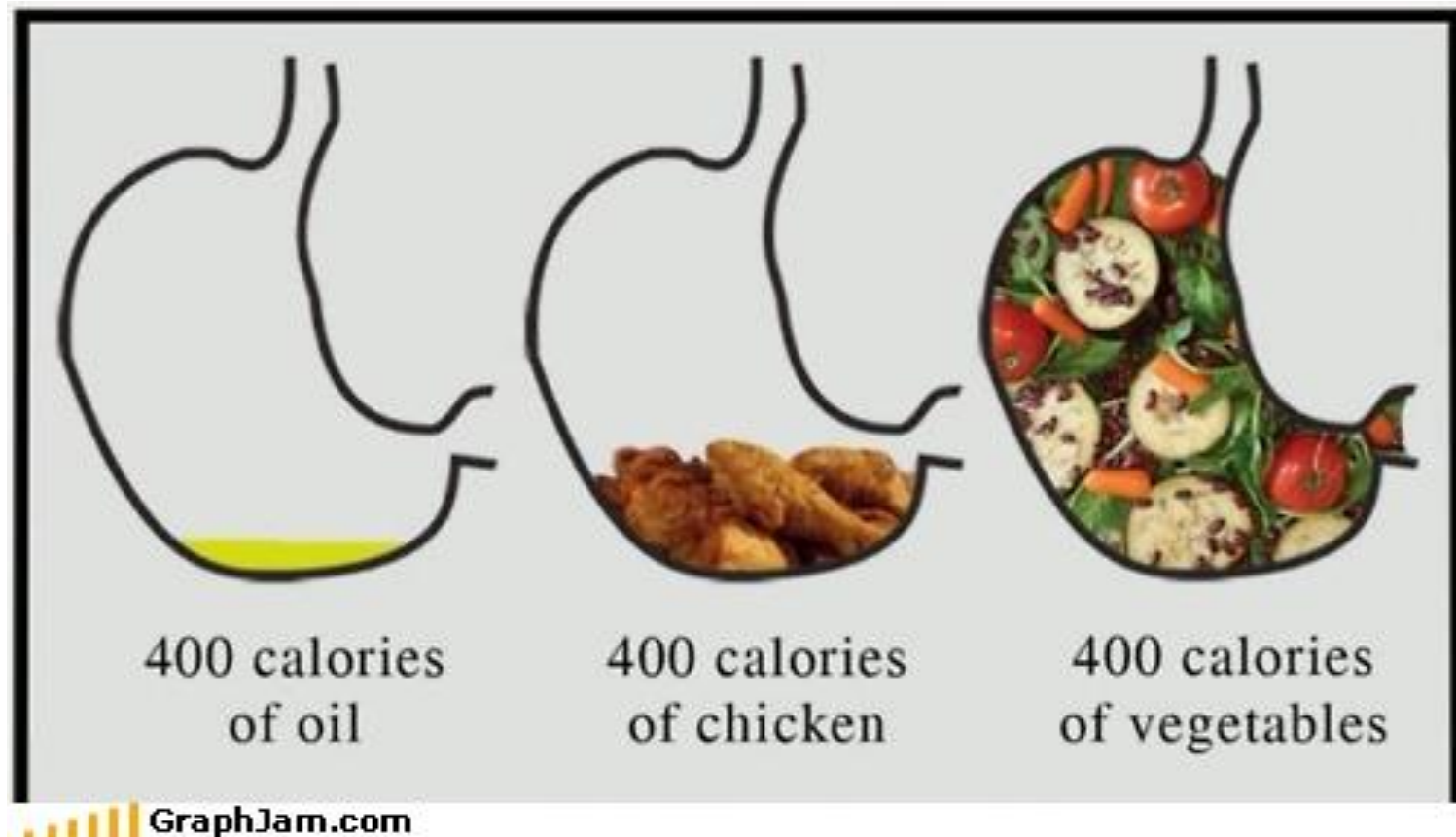


## What does 400 calories look like?

What would fill you up more? Make at least  $\frac{1}{2}$  of your plate vegetables at lunch and at dinner to stay full and promote a healthy body weight!



**400kcal Oil** = 3.5 TBSP (49g)

**400kcal chicken wings** = 6 wings

**400kcal vegetables** = 8 cups+ raw