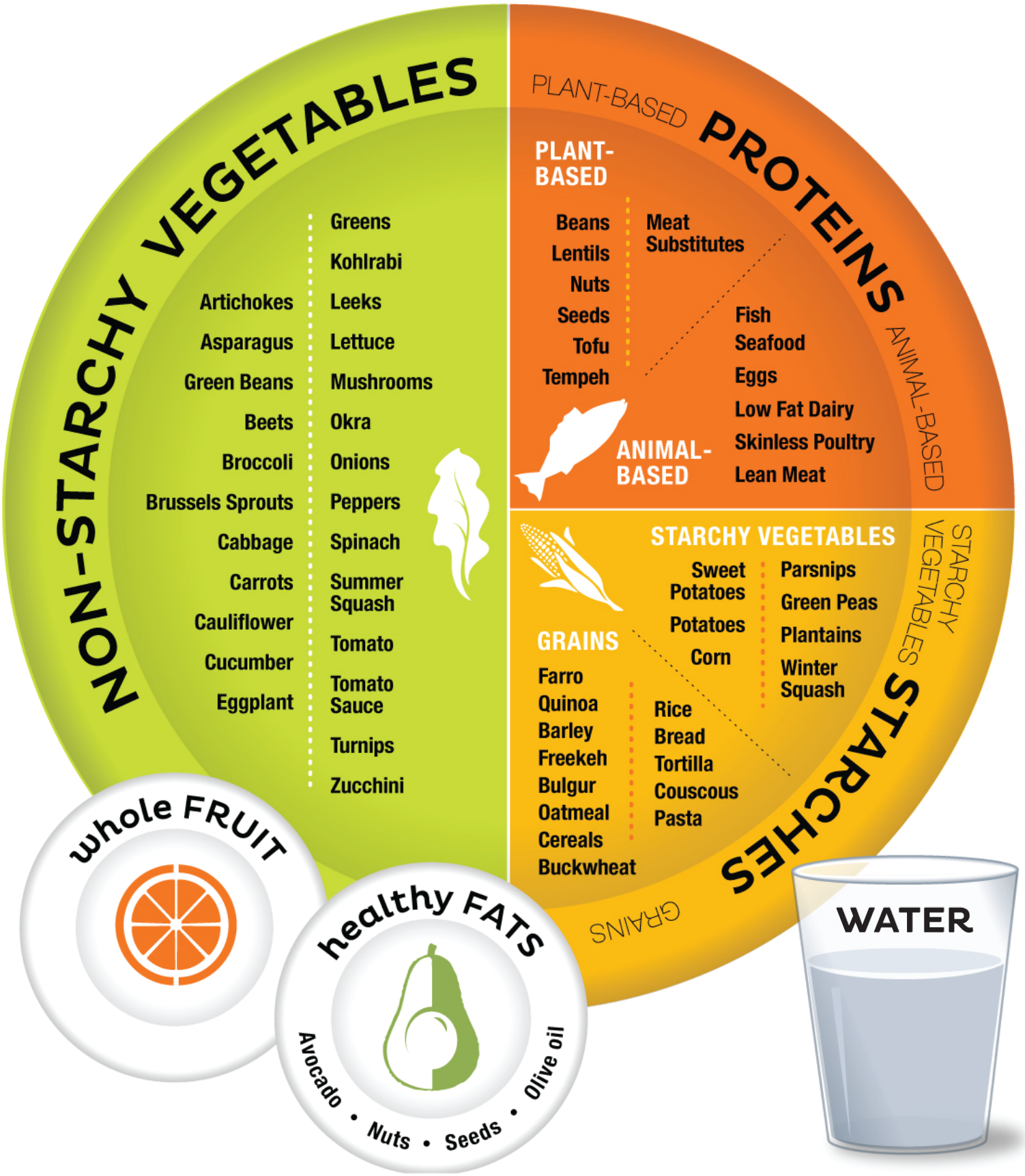
The PLATE METHOD

UCSF Health
Nutrition & Food Services

for meal planning