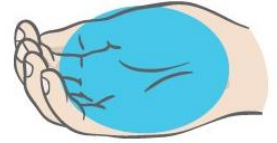


Latin Balanced Plate



vegetables, fruit
1 or 2 fists



starch
1 handful

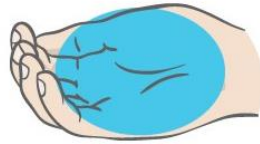


protein
1 palm

Latin influence and culture spans multiple geographical areas, including but not limited to:
Mexico, Puerto Rico, Central and South America, Spain, Portugal, and the Caribbean.



Balanced Plate Example



corn tostada
1 handful



pico de gallo, shredded lettuce
avocado, jalapeño
1 or 2 fists



refried black beans
1 palm

Balanced Plate Example



Arroz con Pollo



Escalivada
(Roasted Vegetables)

