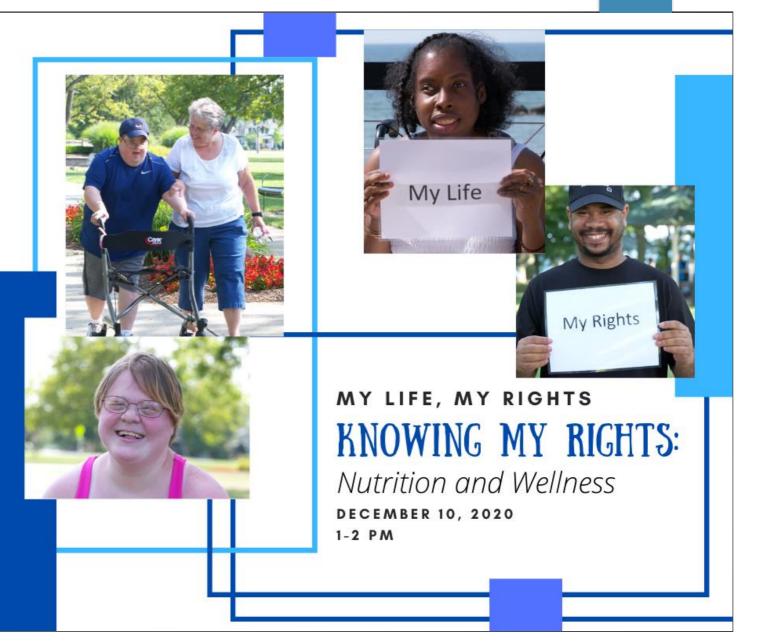
# Knowing My Rights

IT'S MY LIFE, MY RIGHTS

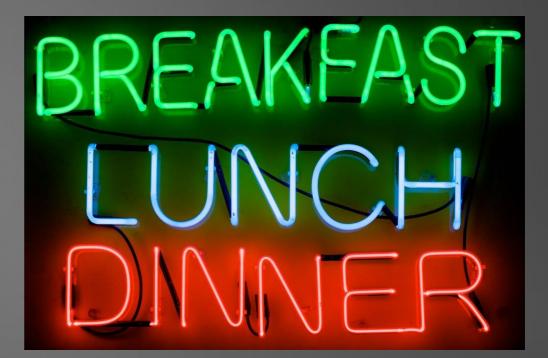


## What did you learn?

person heck mood fear's letter

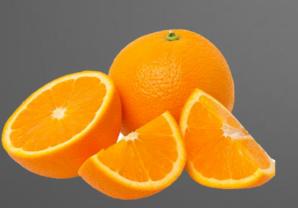


When do you make decisions about the food you eat?



### **Healthy or Unhealthy?**







### **Portion Size**

#### **Portion Distortion**

What you're served

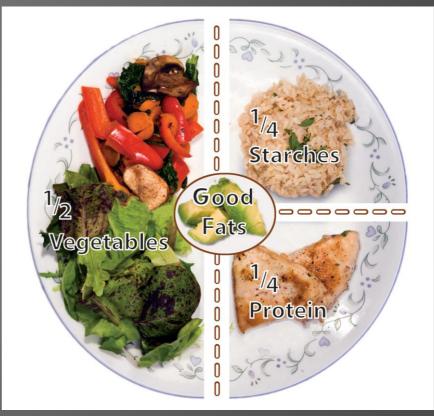


1/2 lb cheeseburger, French fries, 5/4 cup ketchup, tomato slice and lettuce. 1,345 calories 53 grams fat



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce. 685 calories 33 grams fat

Stamp Program. The University of Hish for CPSIP. The USDA, UK



### Clinical Study

**Clinical Trials** 

#### Research

Placebo



Experiment

Diet is related to medical issues?

### Thank You For Joining Us!

#### MY LIFE, MY RIGHTS KNOWING MY RIGHTS

Nutrition and Wellness

THURSDAY, DECEMBER 10, 2020

