



**Ardmore
Institute of Health**™

Home of Full Plate Living



Full Plate
LIVING

Ardmore Institute of Health (AIH) works for a future where healthy lifestyles provide an equitable and preferred method to prevent, treat, and reverse chronic diseases such as obesity, diabetes, and heart disease.

AIH provides grants that support the AIH mission and strategic objectives and funding for the ongoing support of the nutrition resource, Full Plate Living.

<https://www.ardmoreinstituteofhealth.org>

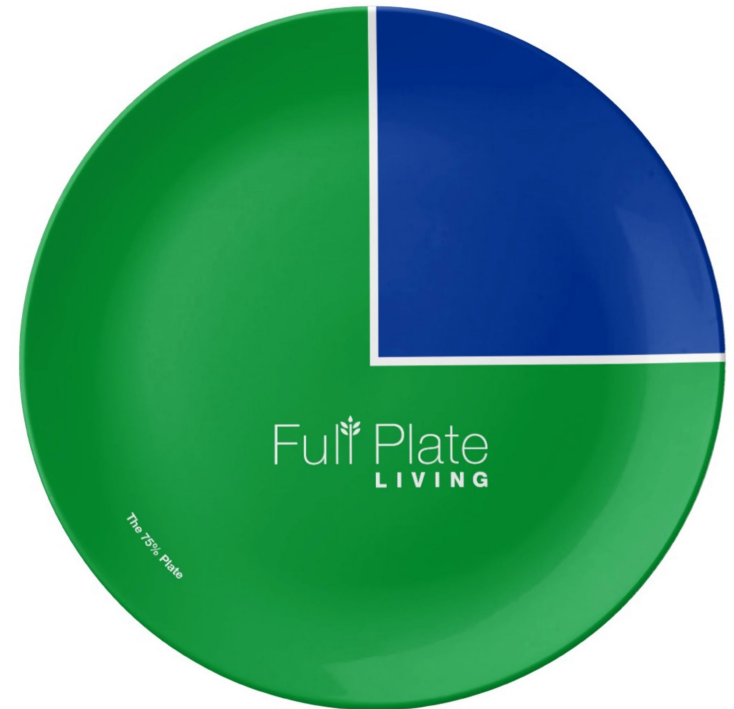
Full Plate Living helps people add more whole, unprocessed fiber foods to meals they're already eating. It's a small step approach that can lead to big health outcomes.

fullplateliving.org/share



The 75/25 Plate

40 Grams Fiber




Free Full Plate Living Programs & Resources

Full Plate
LIVING



Online
Program

Full Plate
LIVING




Shared Medical
Appointments

Full Plate
LIVING




Facilitated
Groups

Full Plate
LIVING



Implementing Shared
Medical Appointments
Utilizing Full Plate Living



CME

Full Plate
LIVING



Facilitator
Certification

Thank you!

Amy Hanus

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