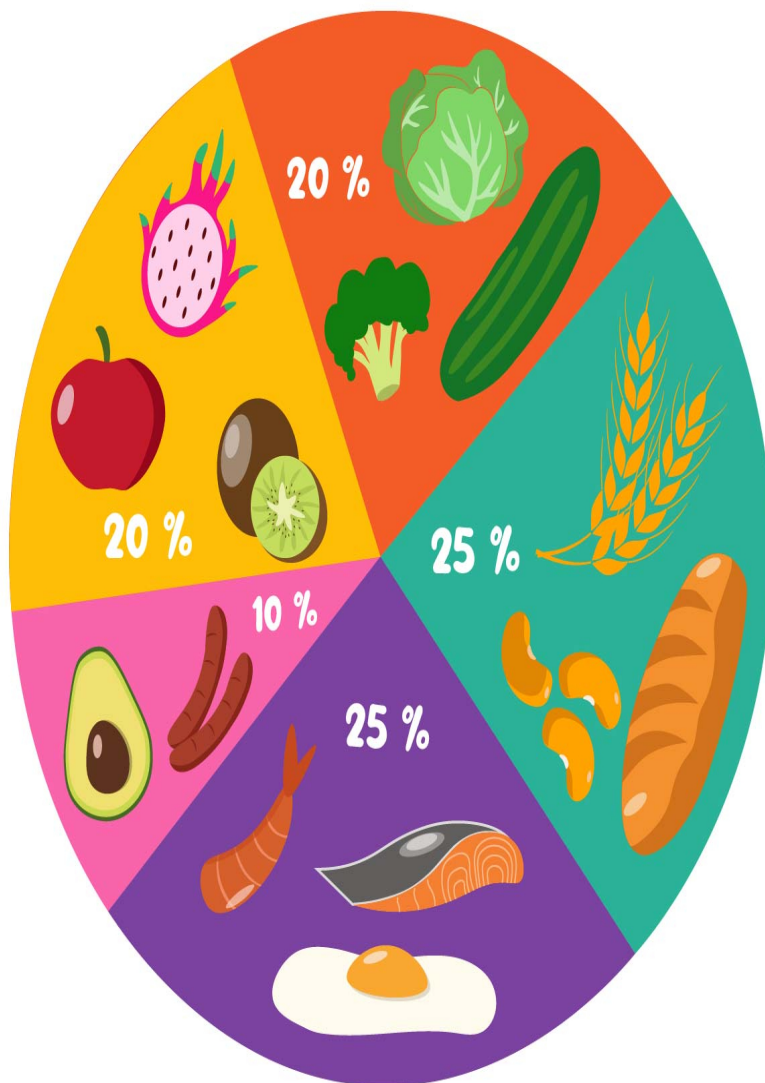




HEALTHY *Eating* Chart

- Fats
- Fruits
- Vegetables
- Grains
- Protein