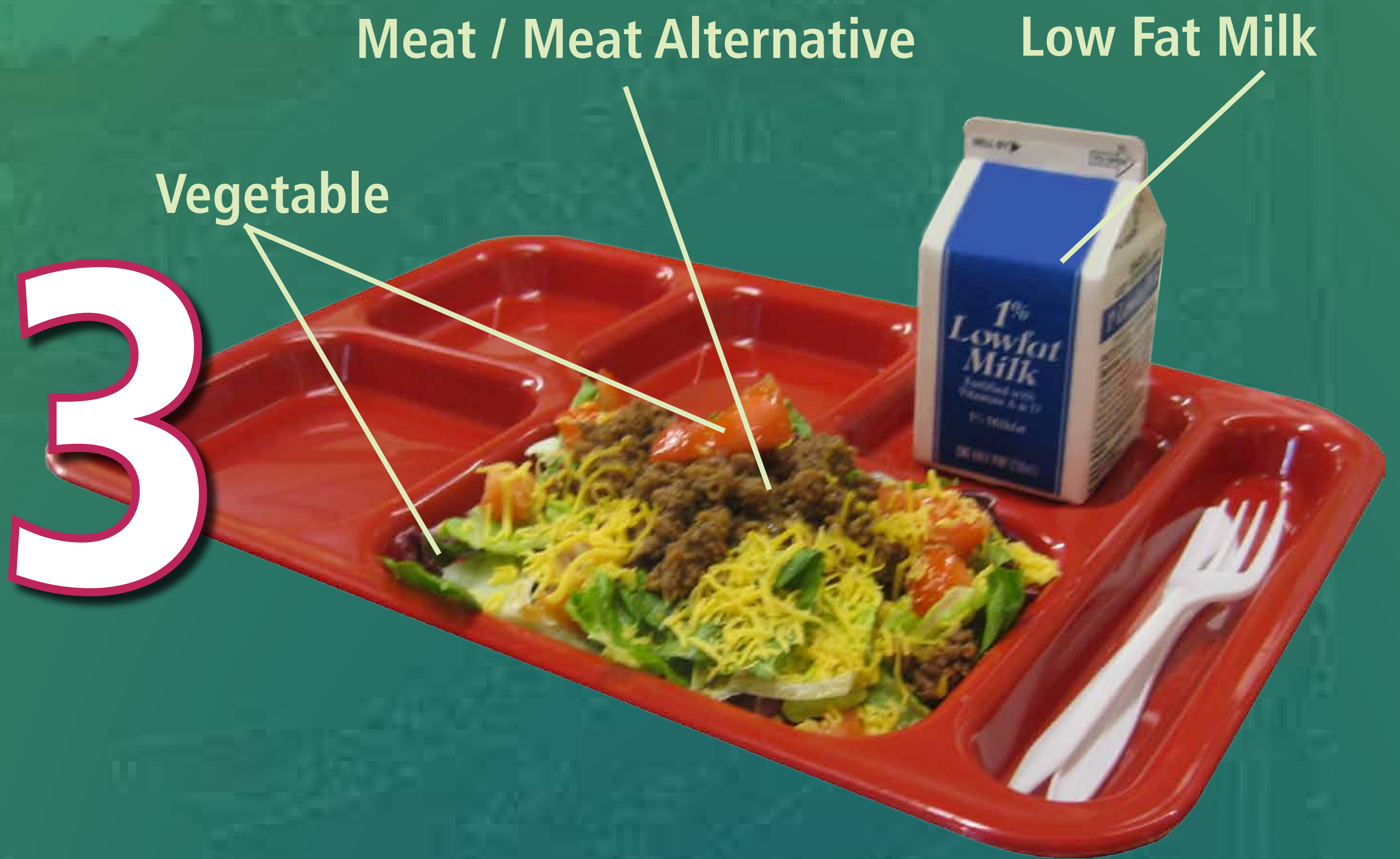


HOW TO CHOOSE A BALANCED MEAL:

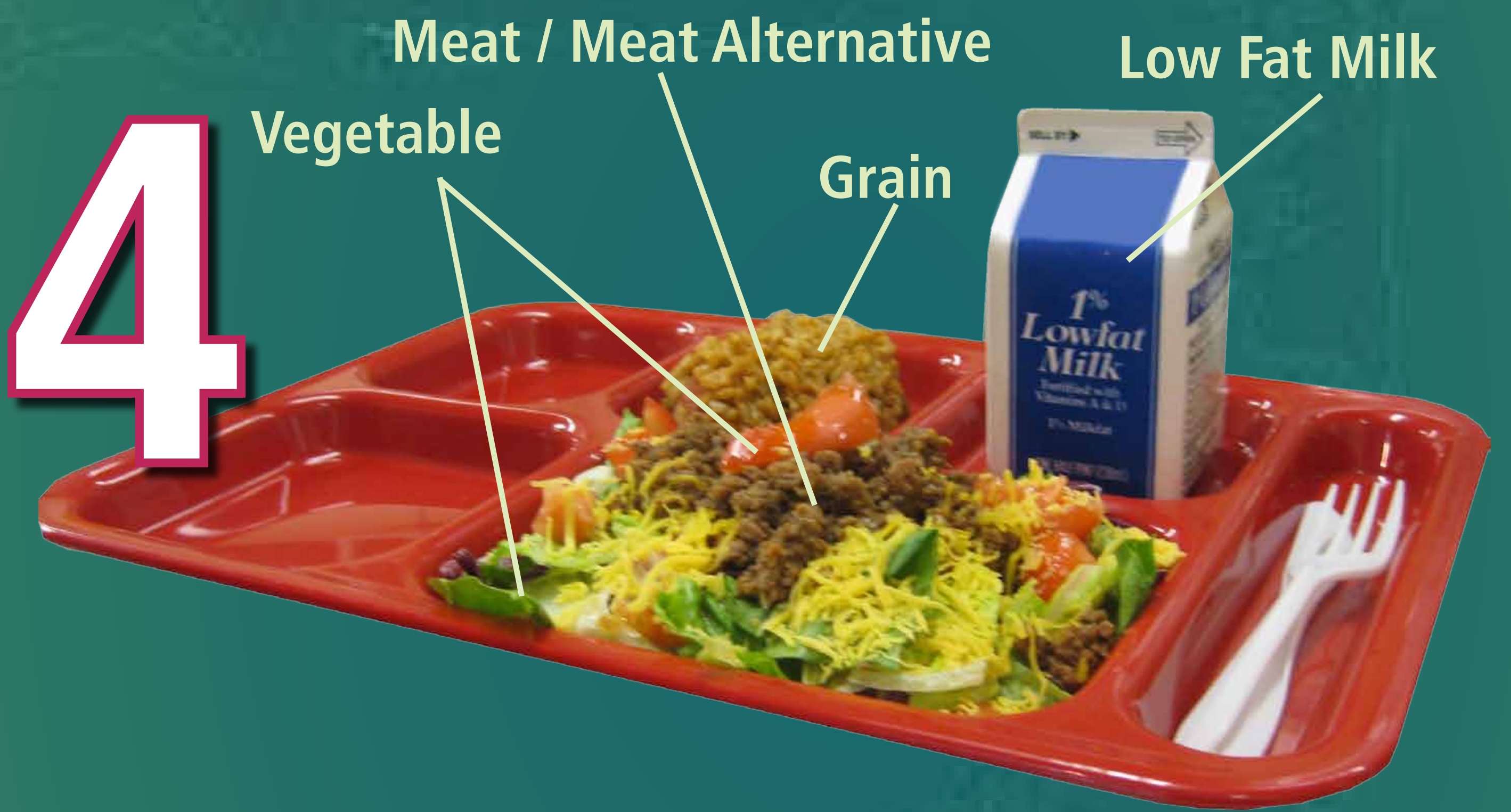
ALWAYS CHOOSE A FRUIT OR VEGETABLE!

CHOOSE 3 COMPONENTS



OR

CHOOSE 4 COMPONENTS



OR

CHOOSE 5 COMPONENTS

