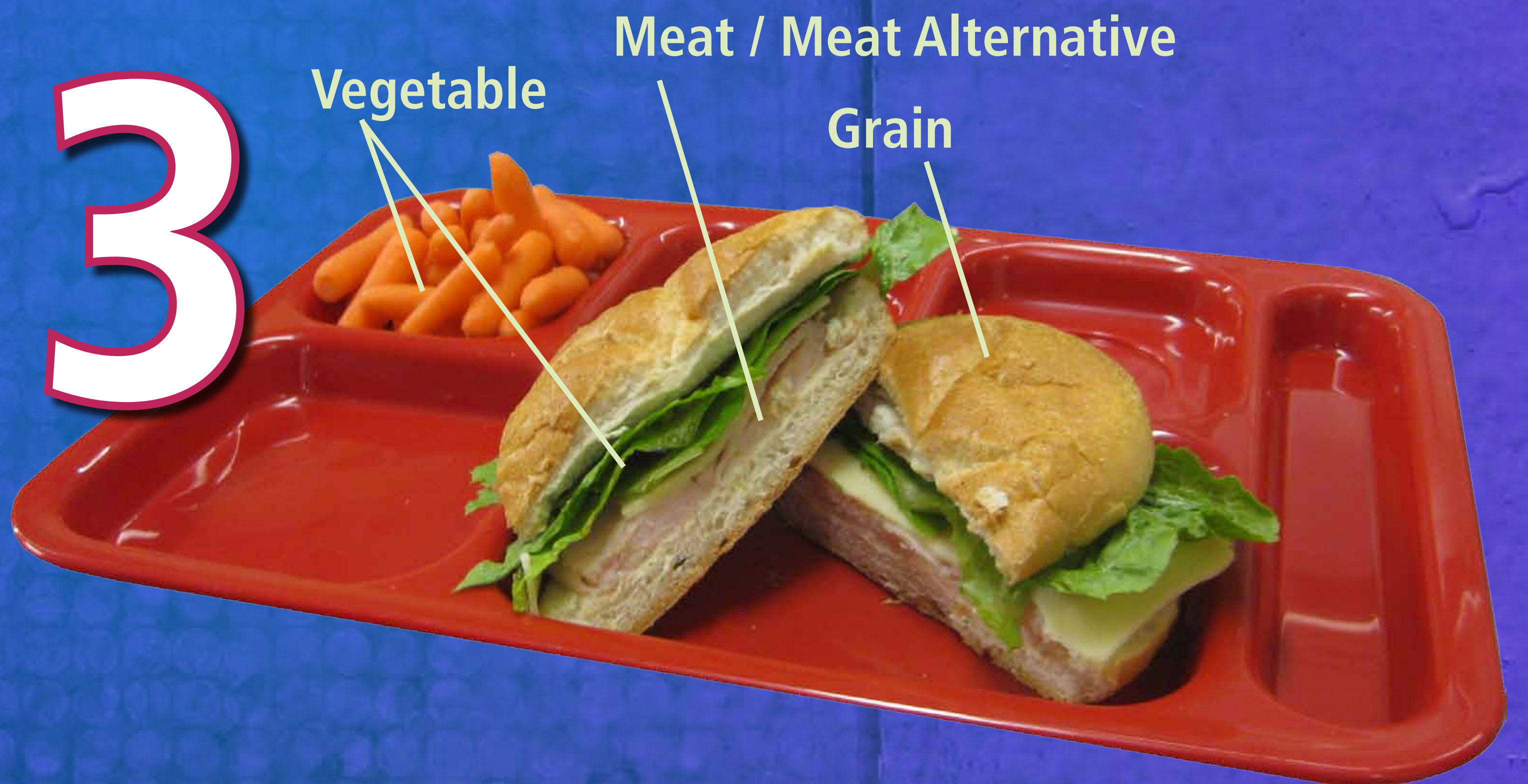


# HOW TO CHOOSE A BALANCED MEAL:

ALWAYS CHOOSE A FRUIT OR VEGETABLE!

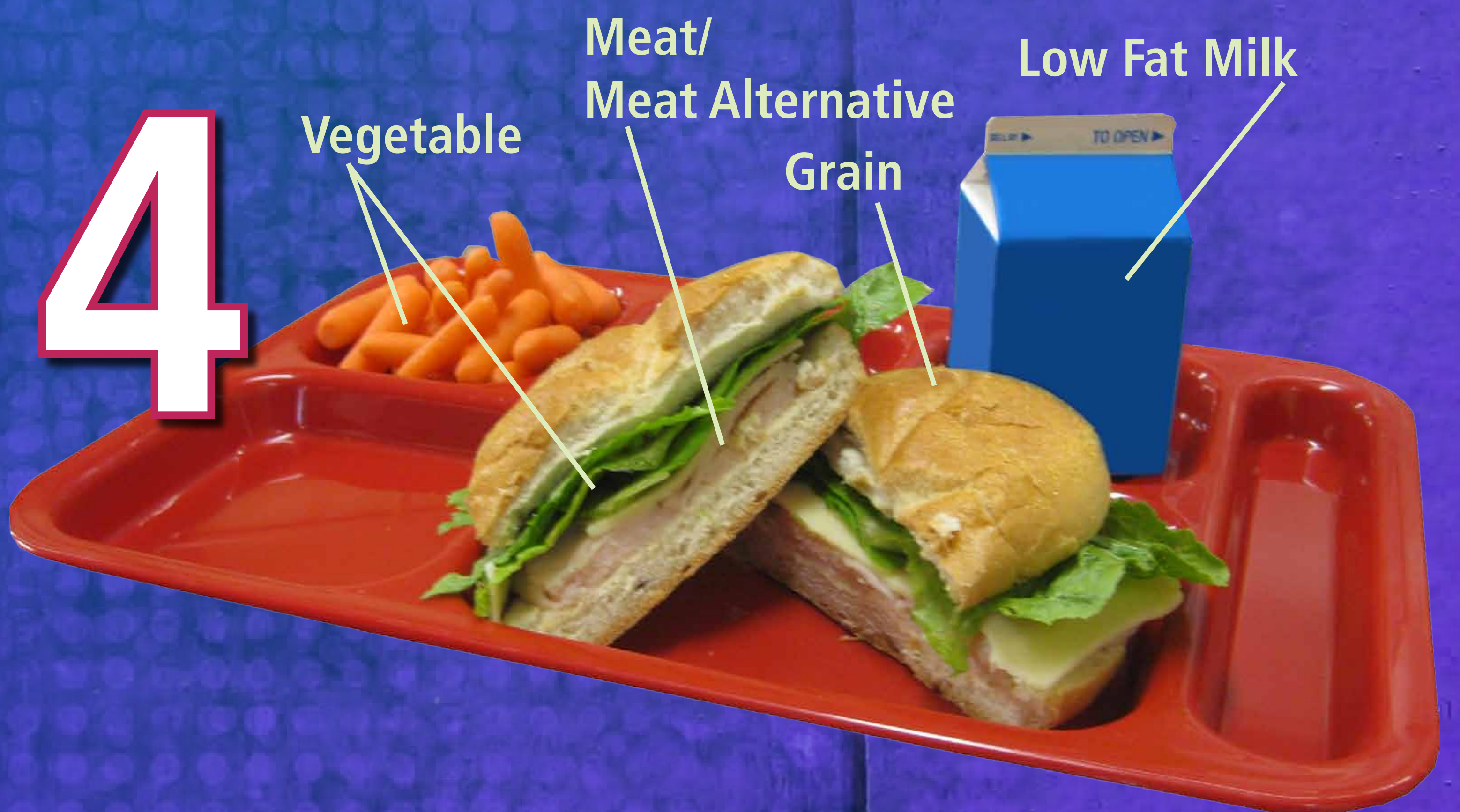
**CHOOSE 3 COMPONENTS**

**3**



**OR CHOOSE 4 COMPONENTS**

**4**



**OR CHOOSE 5 COMPONENTS**

**5**

