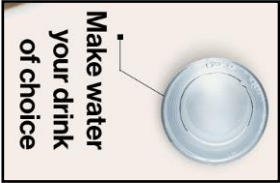
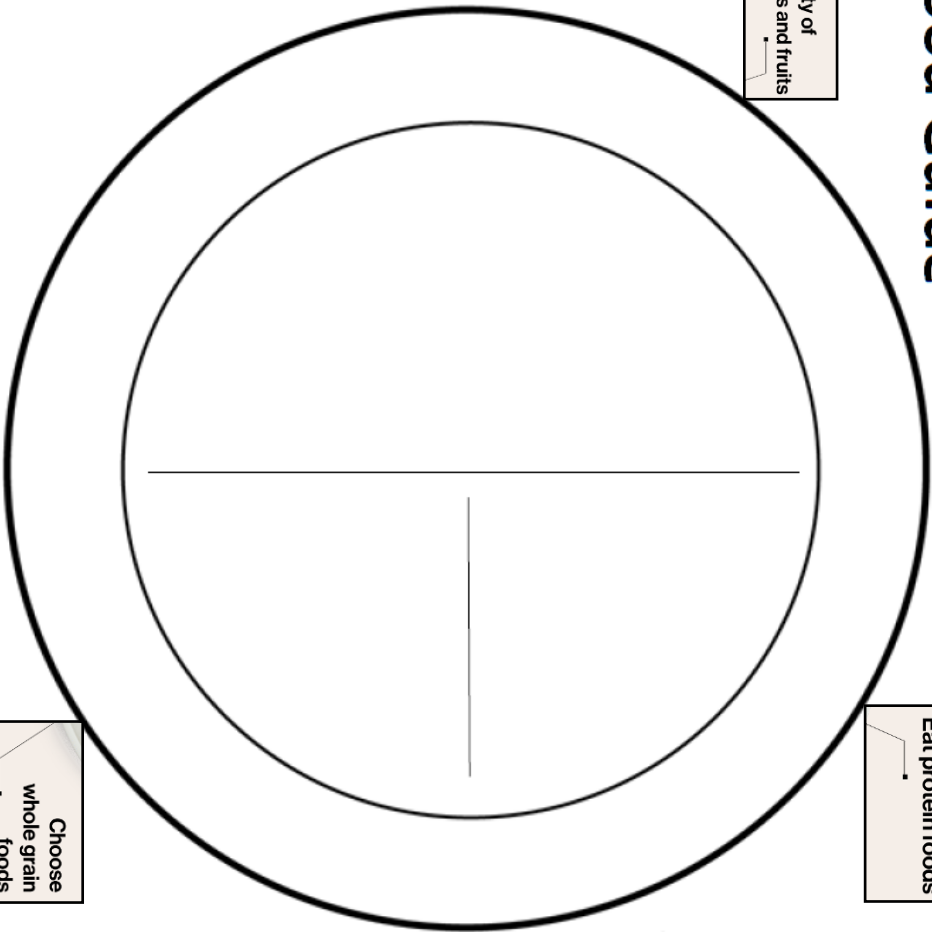


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Food Guide

Have plenty of
vegetables and fruits



Healthy eating is more than the foods I eat

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Eat protein foods

Choose
whole grain
foods