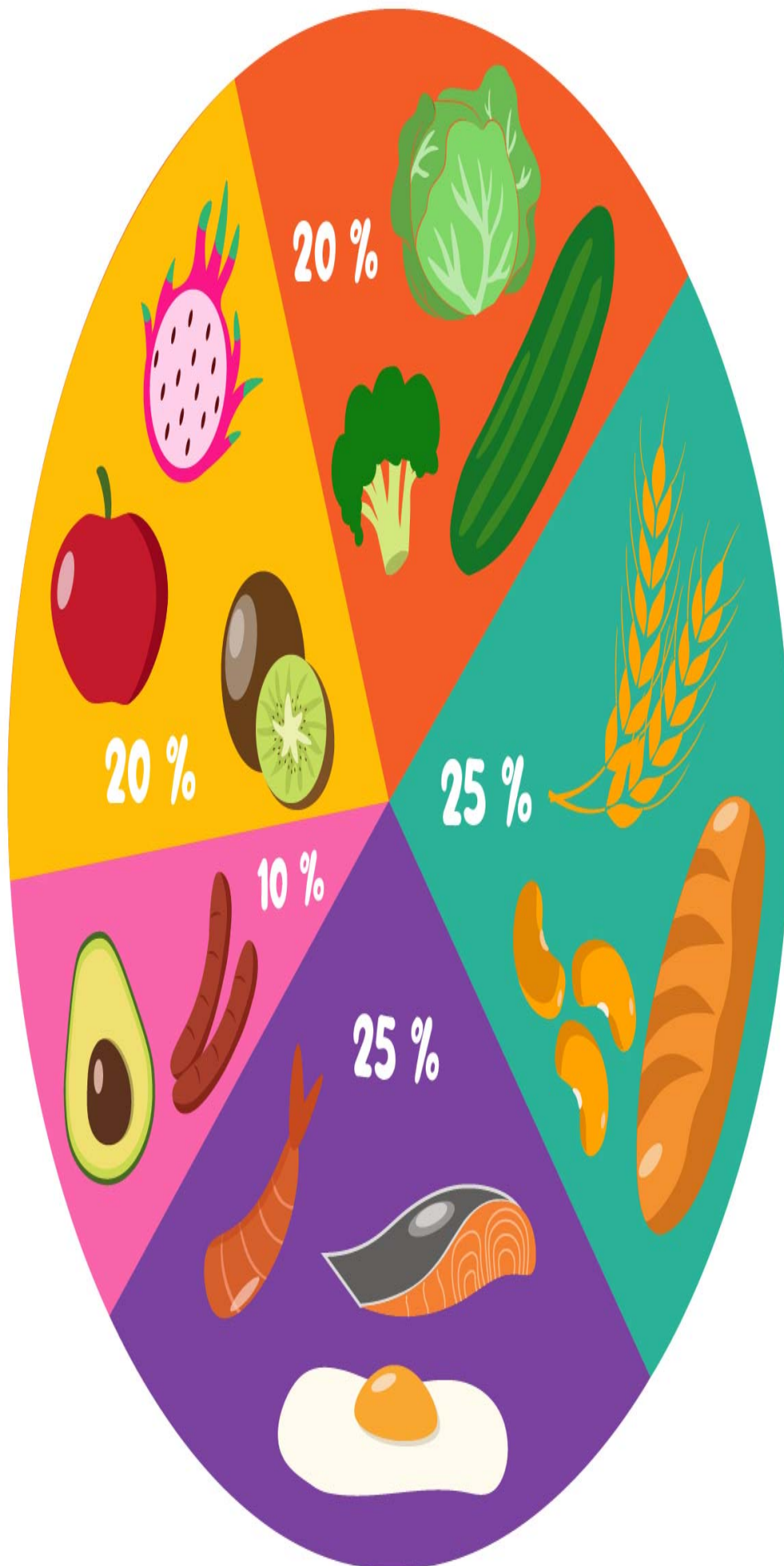


HEALTHY *Eating* Chart



- Fats
- Fruits
- Vegetables
- Grains
- Protein