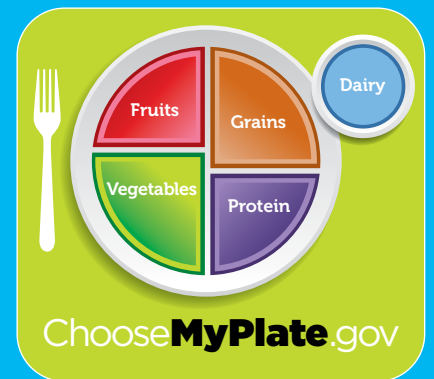




# Let's eat for the health of it



Start by choosing one or more tips to help you...



**Build a  
healthy plate**



**Cut back on  
foods high in solid  
fats, added sugars,  
and salt**



**Eat the right  
amount of  
calories for you**



**Be physically  
active your way**