Healthy Eating
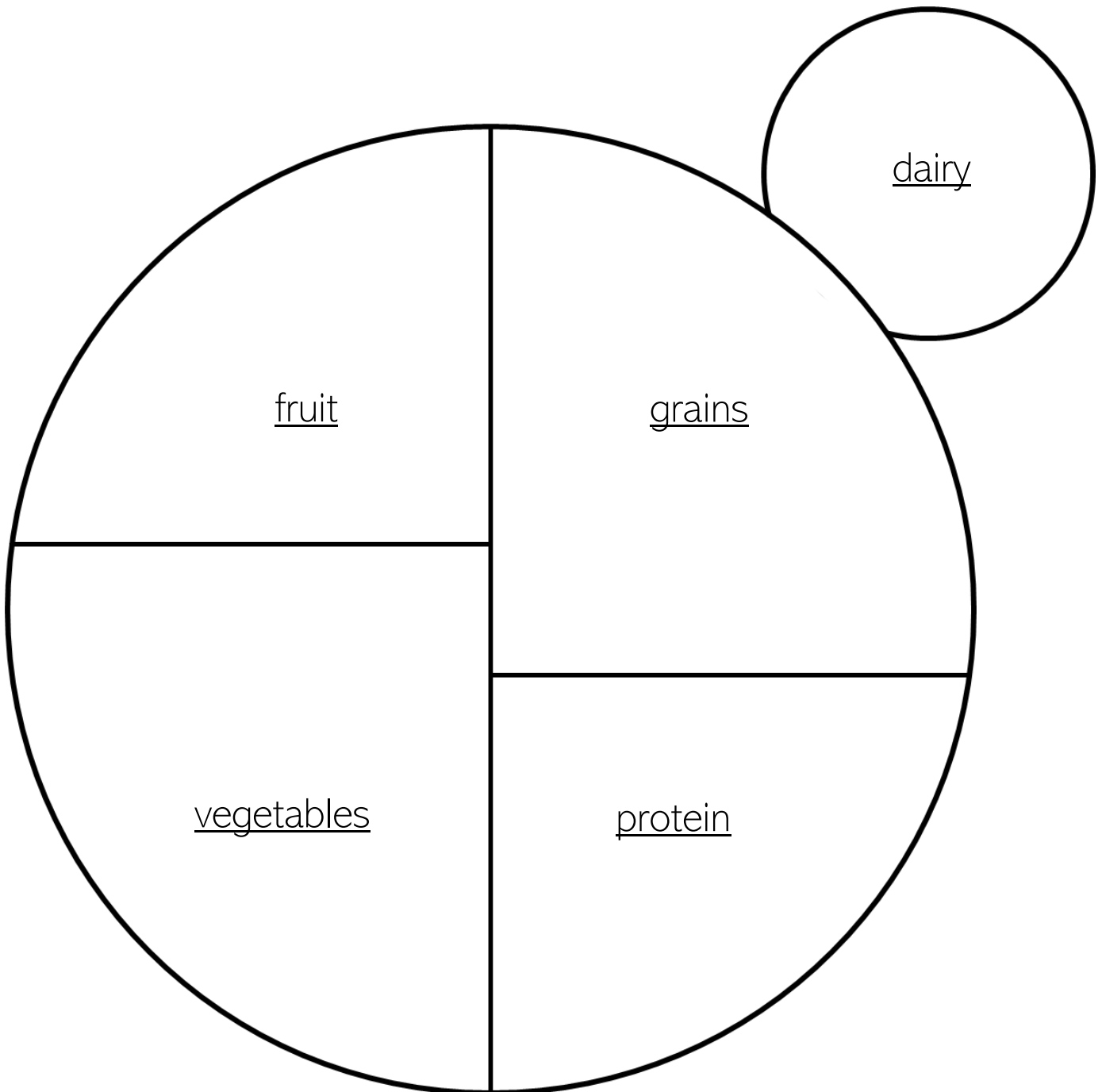
A properly balanced diet is important.
Cut and paste to build a healthy plate!

dairy

fruit

grains

vegetables

protein

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