

# HEALTHY HABITS

*Eat*



**WHOLE  
GRAINS**



**VEGETABLES**



**FRUITS**



**LEAN  
PROTEINS**

*Drink*



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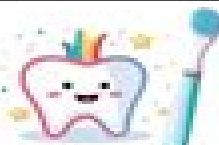
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Feel Great!



*Remember*



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