

50%

Vegetables and fruits



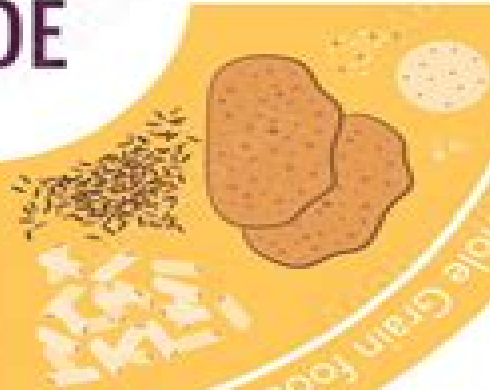
25%

Protein foods



25%

Whole Grain foods



FOOD
GUIDE

Latest Nutrition Guide

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Latest Nutrition Guide:

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