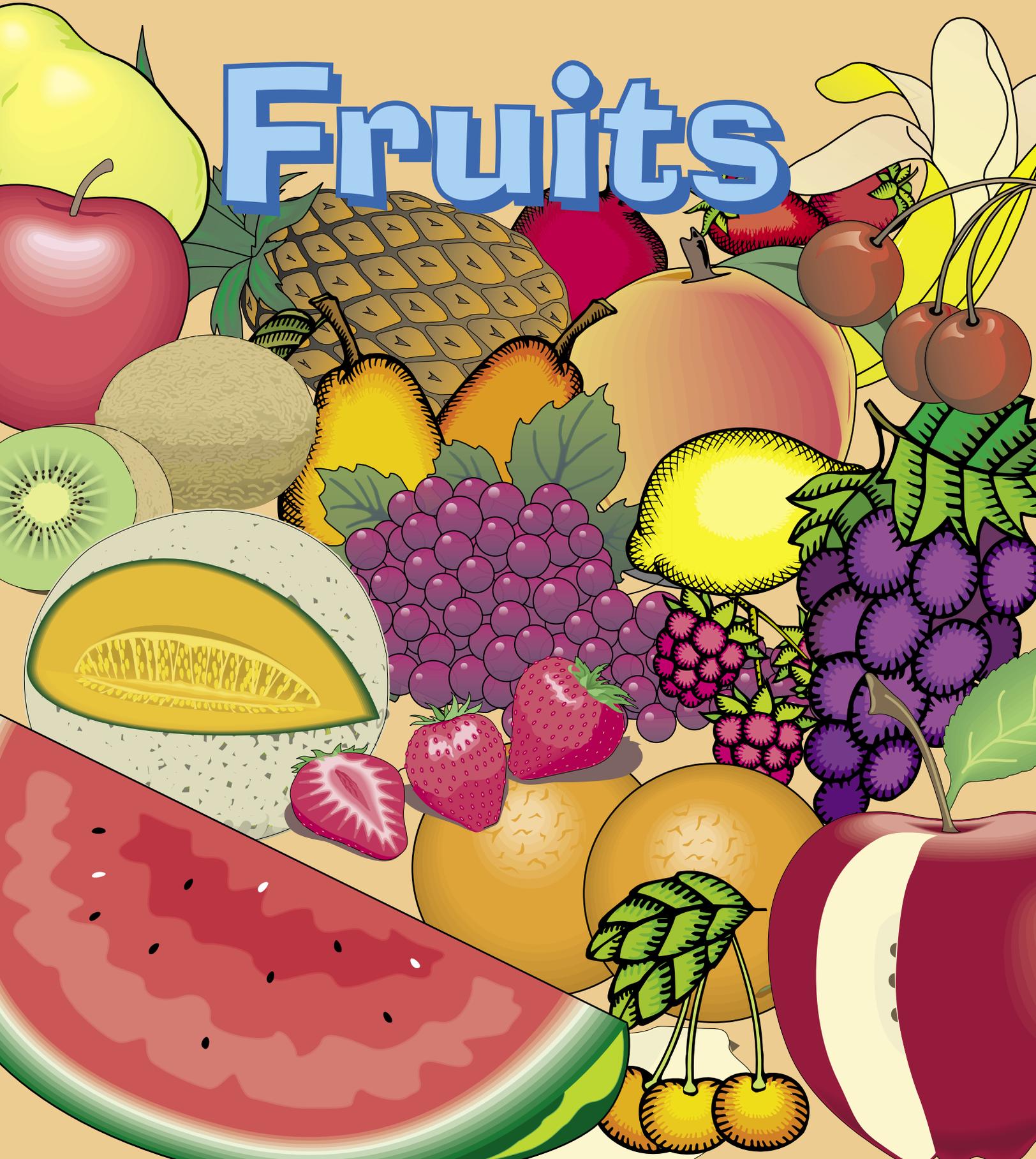


# Focus on

# Fruits



# Healthy Snacks



**POP  
CORN**

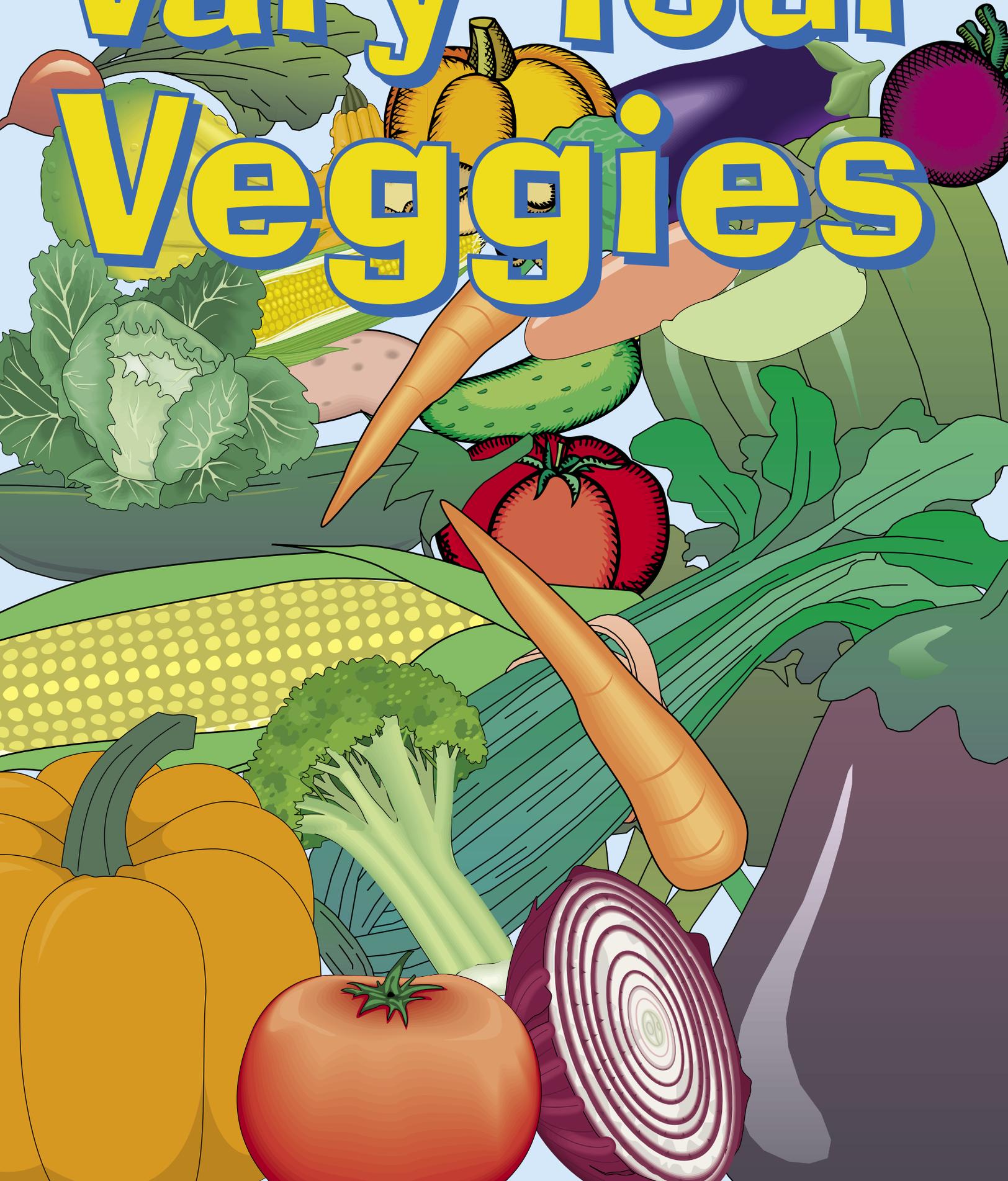
# Make Your Grains Whole



# Get Your Calcium



# Vary Your Veggies



# Eat Meat, Fish, Nuts, and Beans

