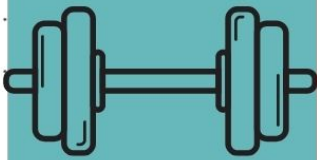


HEALTHY EATING

TIP: START WITH WHAT YOU EAT RATHER THAN WHAT YOU DON'T OR WHEN YOU EAT IT



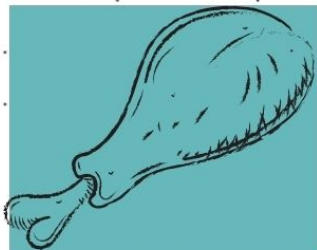
Eat the right amount of calories for your body and activity level.



45-65% of calories from carbohydrate foods.



20-35% of calories from fats.



10-35% from protein (less than you might think).



Eat a variety for vitamins and minerals.