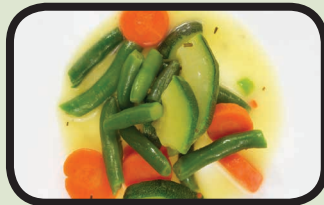


HEALTHY EATING

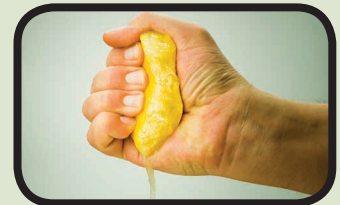
INSTEAD OF THIS...TRY THIS!

on veggies:



instead of salt,
butter or sauces...

**TRY
THIS** 



...a squeeze
of lemon

grains:



instead of
white grains...

**TRY
THIS** 



...whole grains

*restaurants or at
the cafeteria grill:*



instead of
all fries...

**TRY
THIS** 



...half salad /
half fries

where to start:



instead of your
main course first...

**TRY
THIS** 



...a salad first then go
back to your main

TAKE CARE
— OF YOUR —
EQUIPMENT