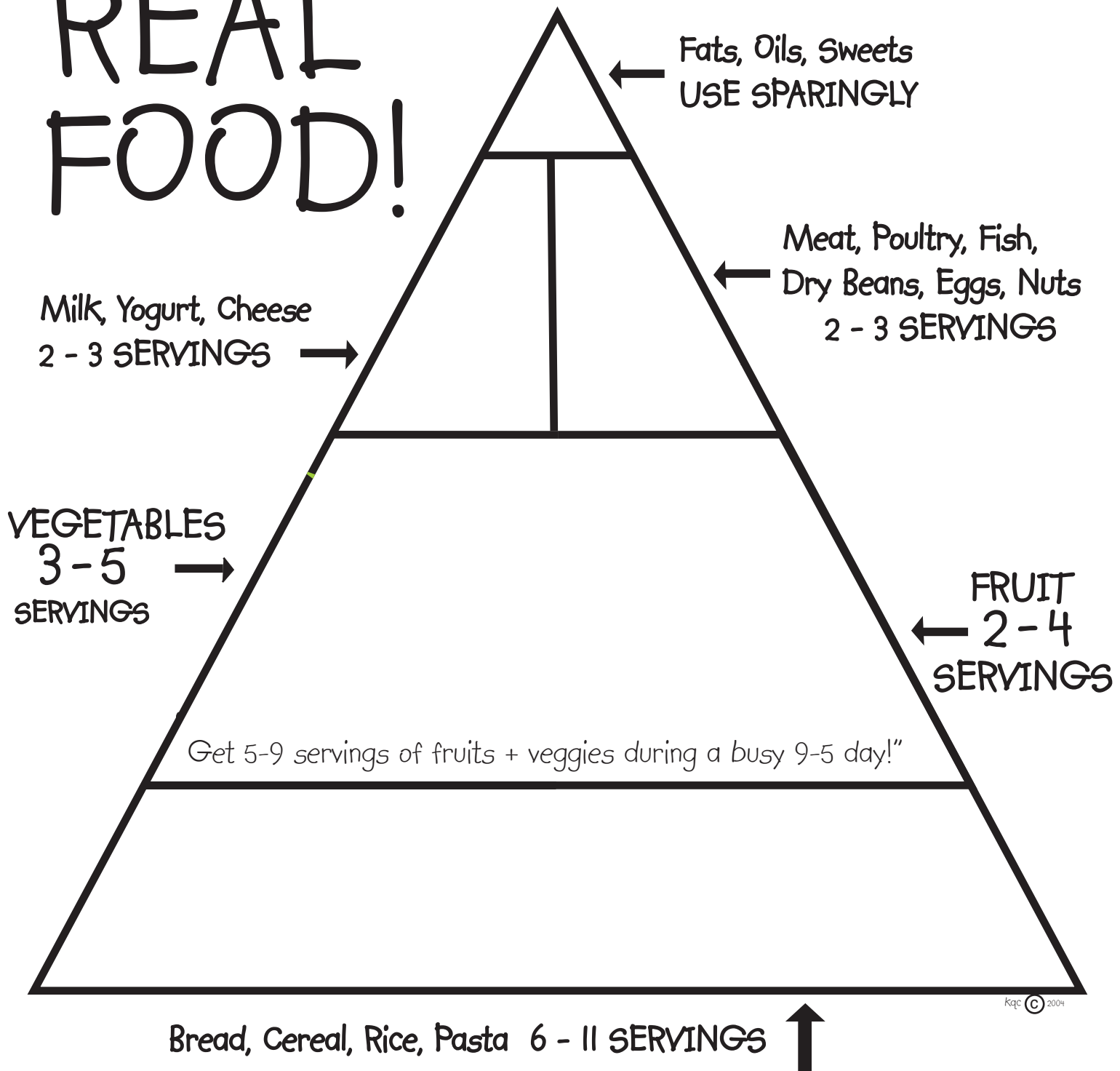


EAT REAL FOOD!

Make good food choices!



Draw what you ate today!

Keep a chart for 7 days - drawing or writing down what you eat each day. See if you meet the recommended servings for each category.