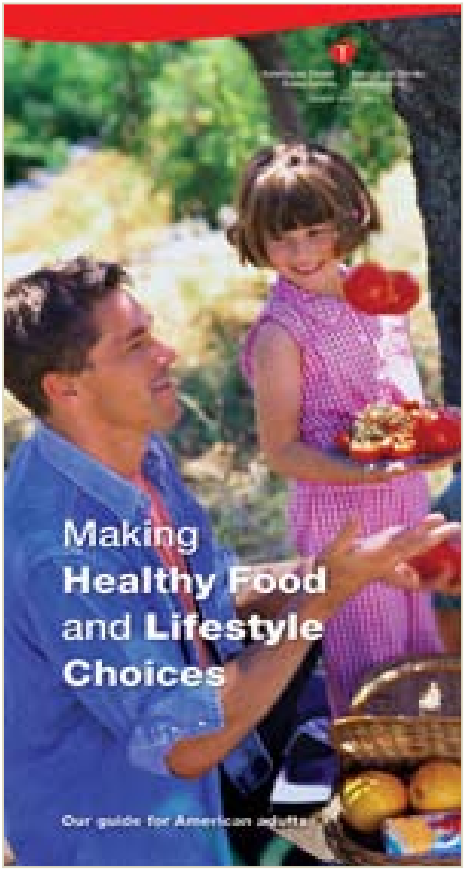
Making
Healthy Food
and Lifestyle
Choices
Our guide for American adults