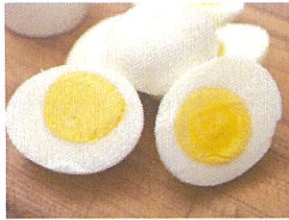


DOS



PROTEIN
GOOD FATS
WEIGHT LOSS



PROTEIN
CALCIUM
VITAMINS



PROTEIN
FIBER
IRON



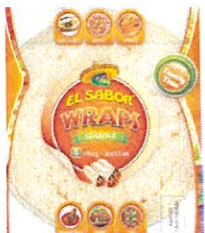
PROTEIN
FIBER
IRON
VITAMINS



PROTEIN
FIBER
VITAMINS



FIBER
VITAMINS

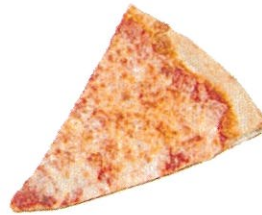


FIBER
VITAMINS

DON'TS



SODIUM
CHOLESTEROL
FATS



CARBS
CHOLESTEROL
SODIUM



CARBS
FATS
SODIUM



FATS
TOO MUCH SODIUM



FATS
CHOLESTEROL
SODIUM



FATS
TOO MUCH SODIUM

HEART AND KIDNEY DISEASE, OBESITY,
DIABETES, HIGH BLOOD PRESSURE,
STROKES