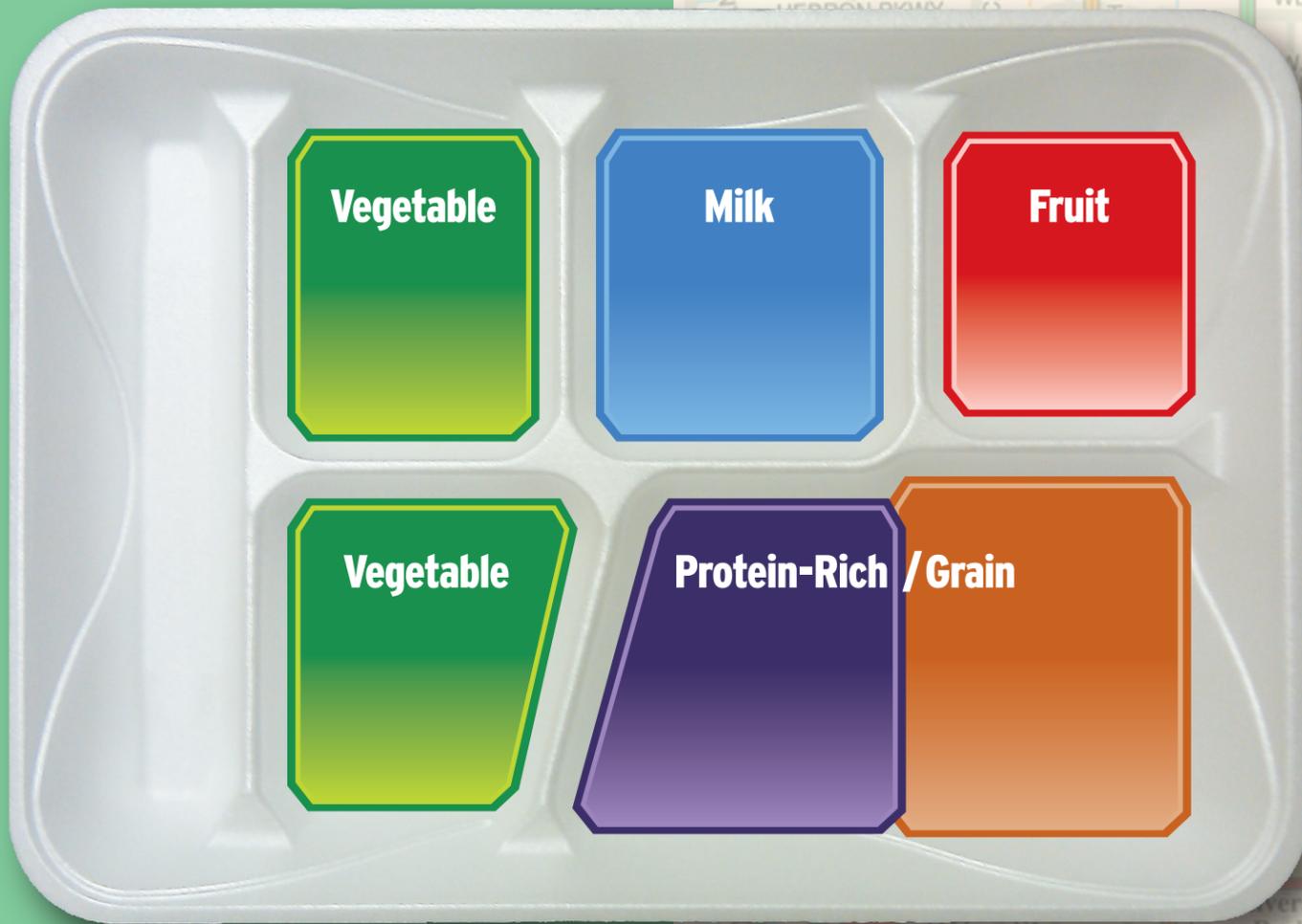


Map Out a Healthy Lunch



Select

3
to
5

Start with

- **Vegetables**
(May take 2)



and/or

- **Fruits**
(May take 1)



Then Add

- **Protein-Rich /**
- **Grains**



- **Milk**

