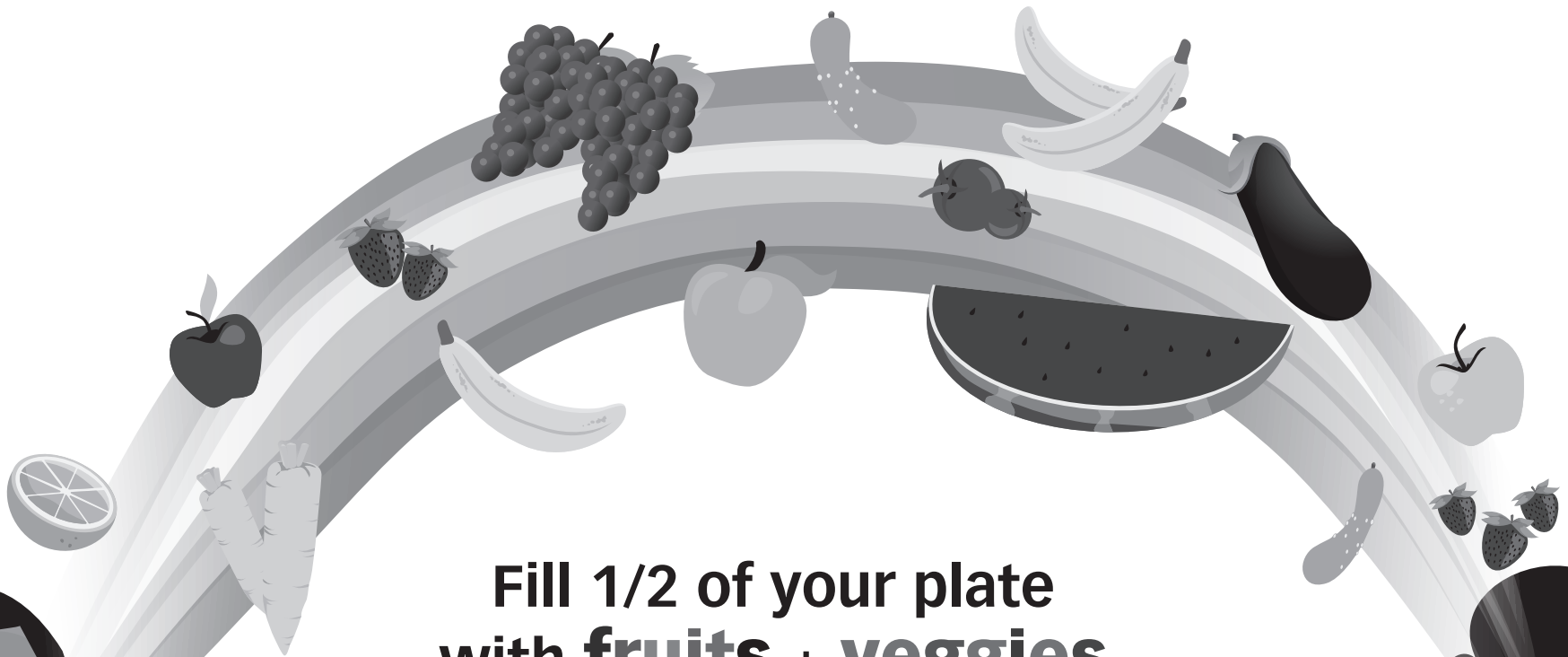


Eat a Rainbow

Different colors = lots of vitamins + minerals + other nutrients



**Fill 1/2 of your plate
with fruits + veggies**

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