

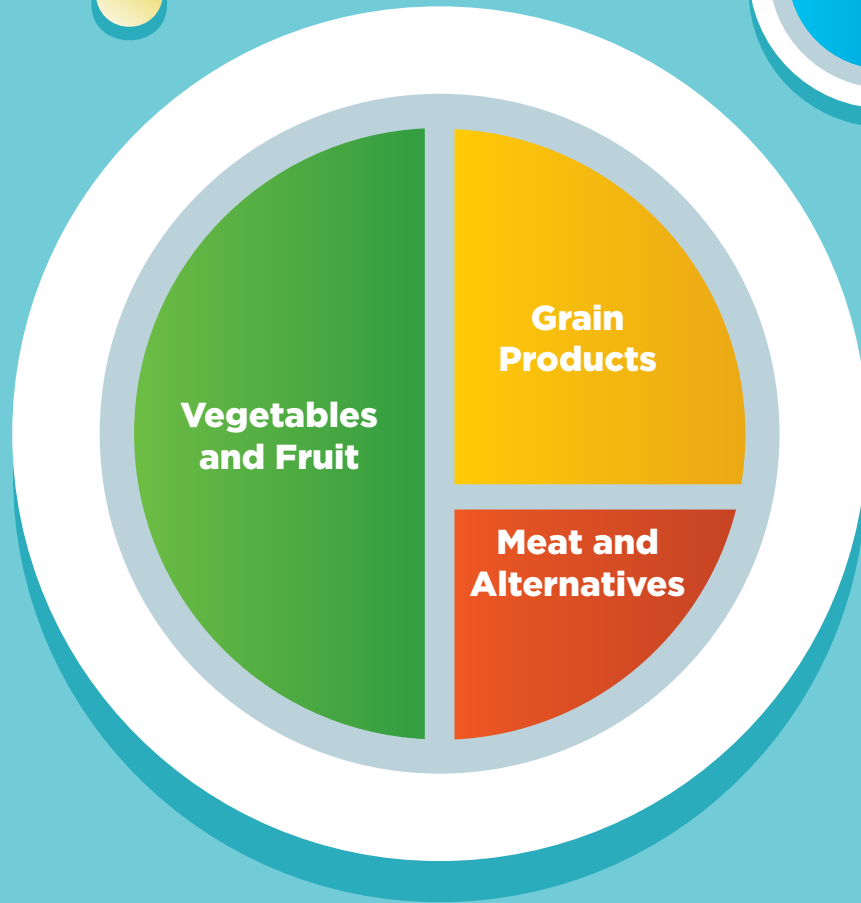
Eat Well

Oils and Fats



Water

Milk and Alternatives



BUILD A HEALTHY MEAL.  
Use the **Eat Well Plate**



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