

# POWER UP!

WITH A HEALTHY MEAL



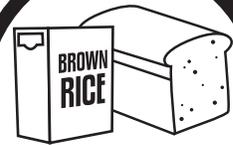
FRUITS



PROTEIN



DAIRY



GRAINS



VEGETABLES



EATING A BALANCED MEAL IS  
IMPORTANT FOR A HEALTHY BODY!

