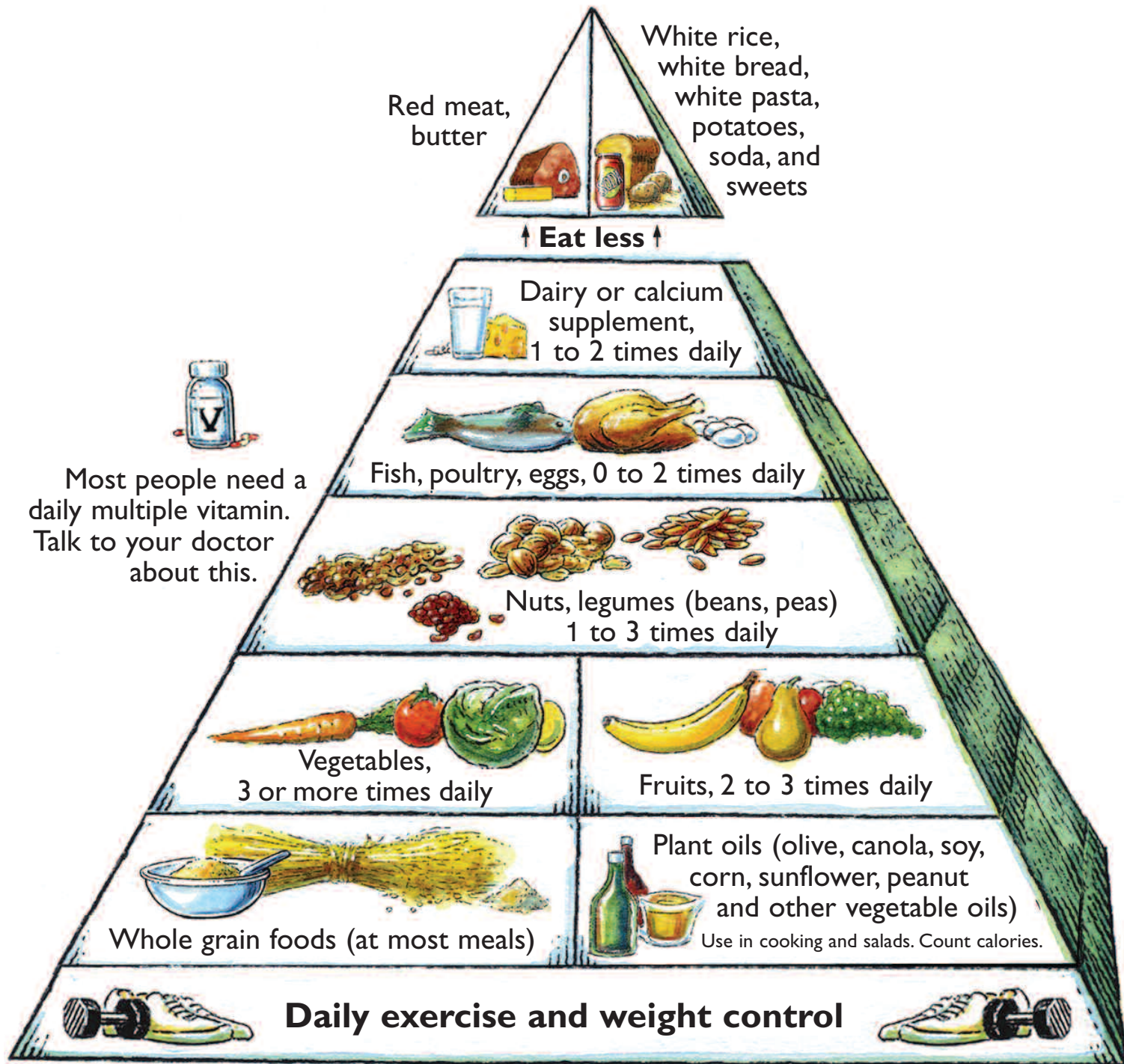


YOUR HEALTHY EATING PYRAMID



Most people need a daily multiple vitamin. Talk to your doctor about this.

Adapted from Eat, Drink, and Be Healthy by Walter C. Willet, M.D.
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