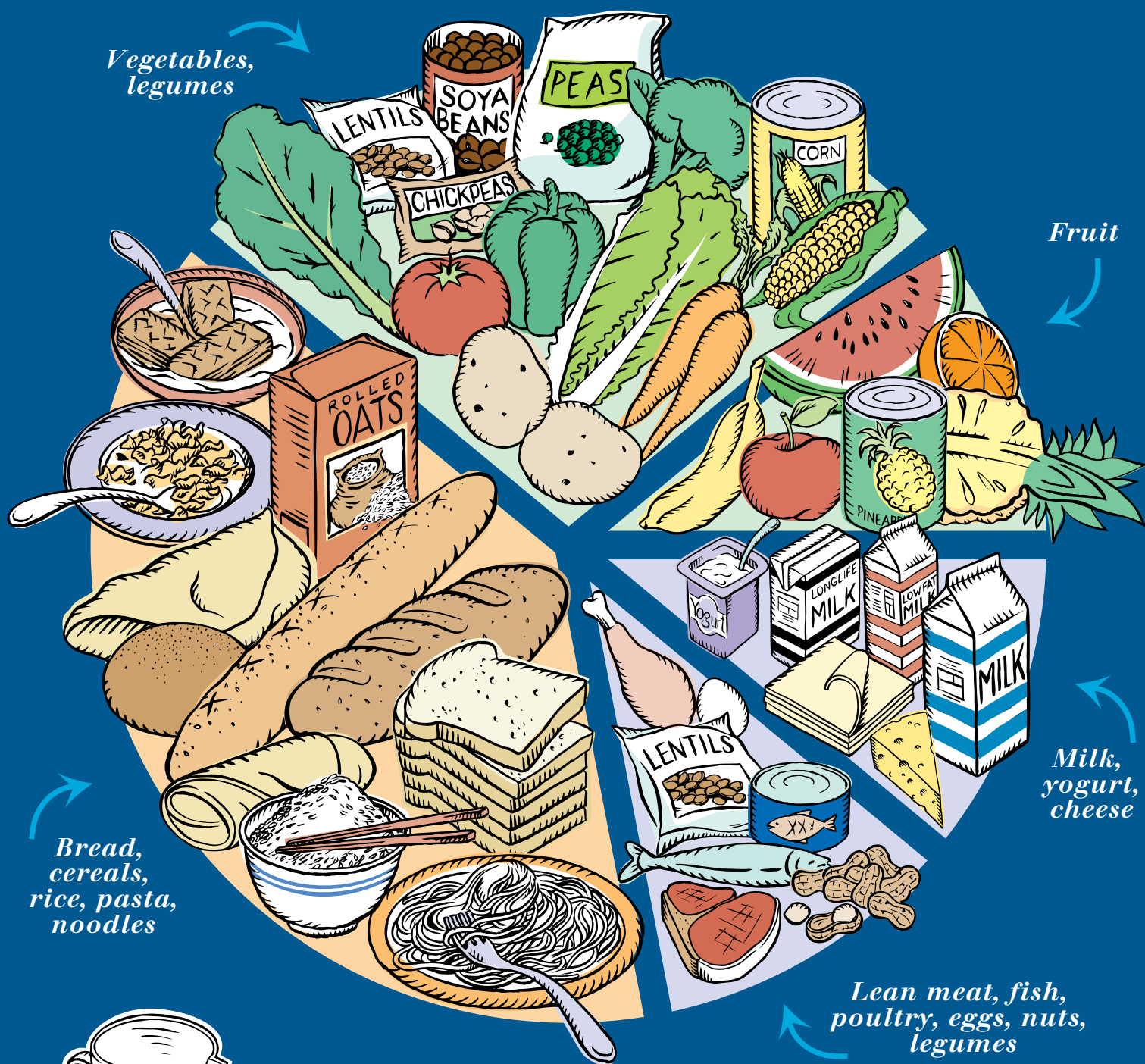


Enjoy a variety of foods every day



Drink plenty of water

Choose these sometimes or in small amounts

