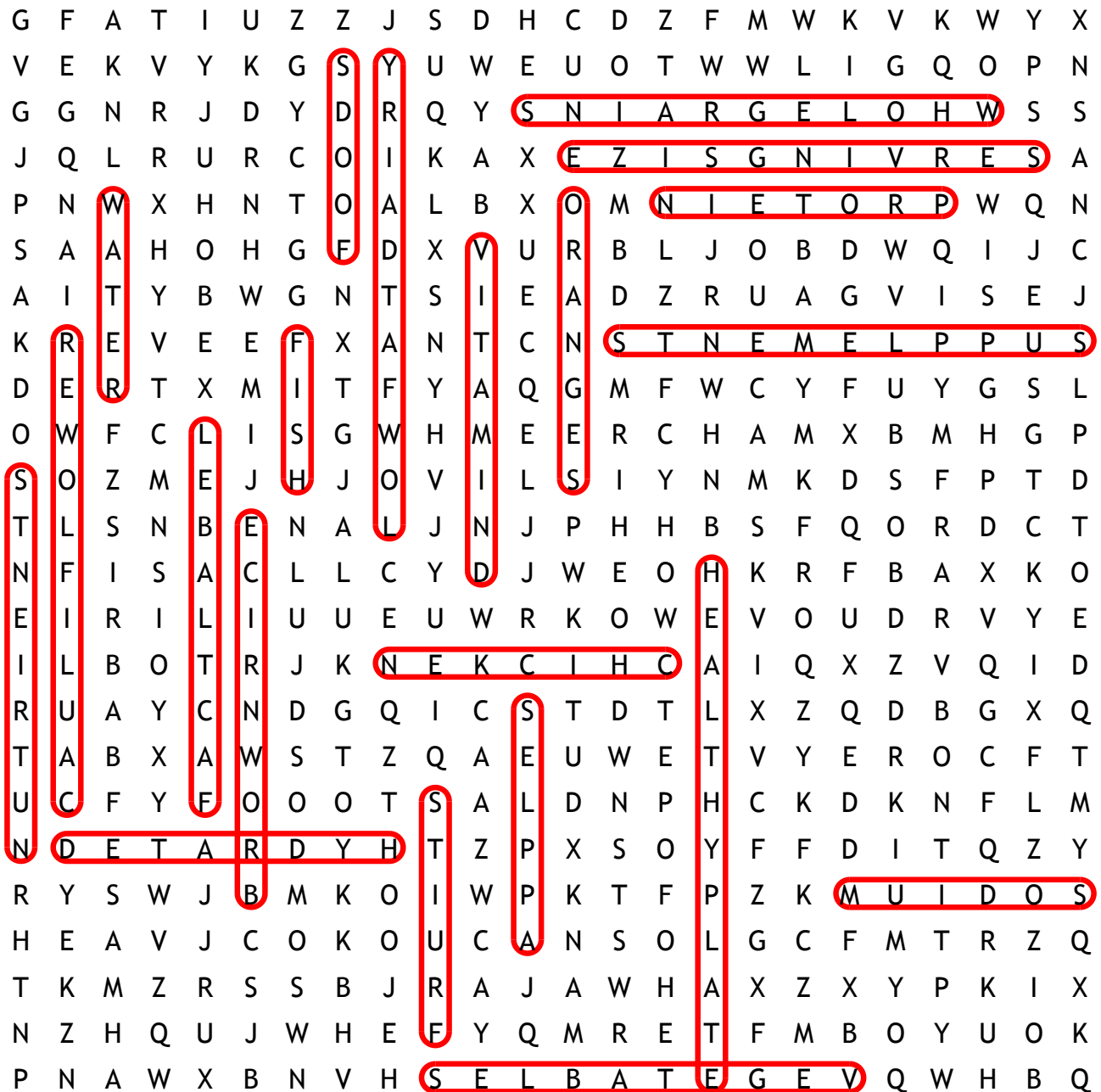


Name: _____

Date: _____

nutrition



low fat dairy
cauliflower
fact label
chicken
sodium
fish

healthy plate
supplements
vitamin D
oranges
fruits

serving size
brown rice
nutrients
protein
water

whole grains
vegetables
hydrated
apples
foods