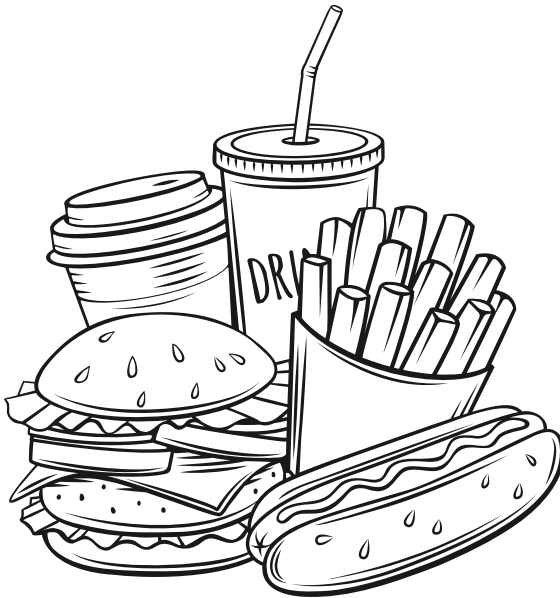
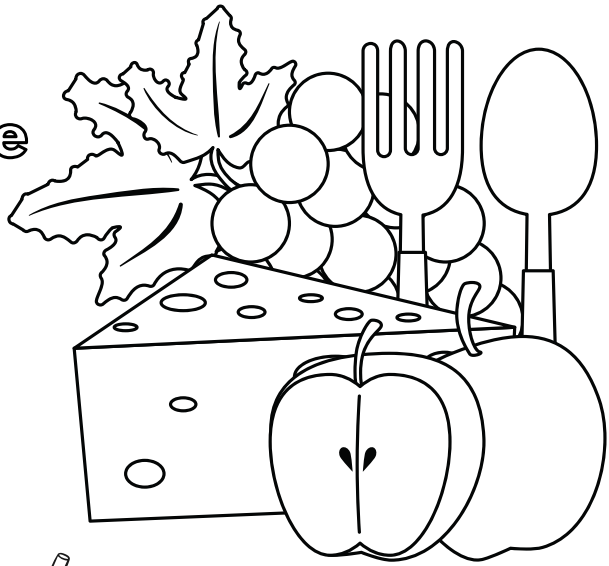


Eat these  
every  
day



Eat these  
once in  
a while

Protein, carbohydrates, vitamins, minerals, and healthy fats in whole food help you stay well. Food in a package has additives, dyes, unhealthy fats, and preservatives that can make you sick as you age.