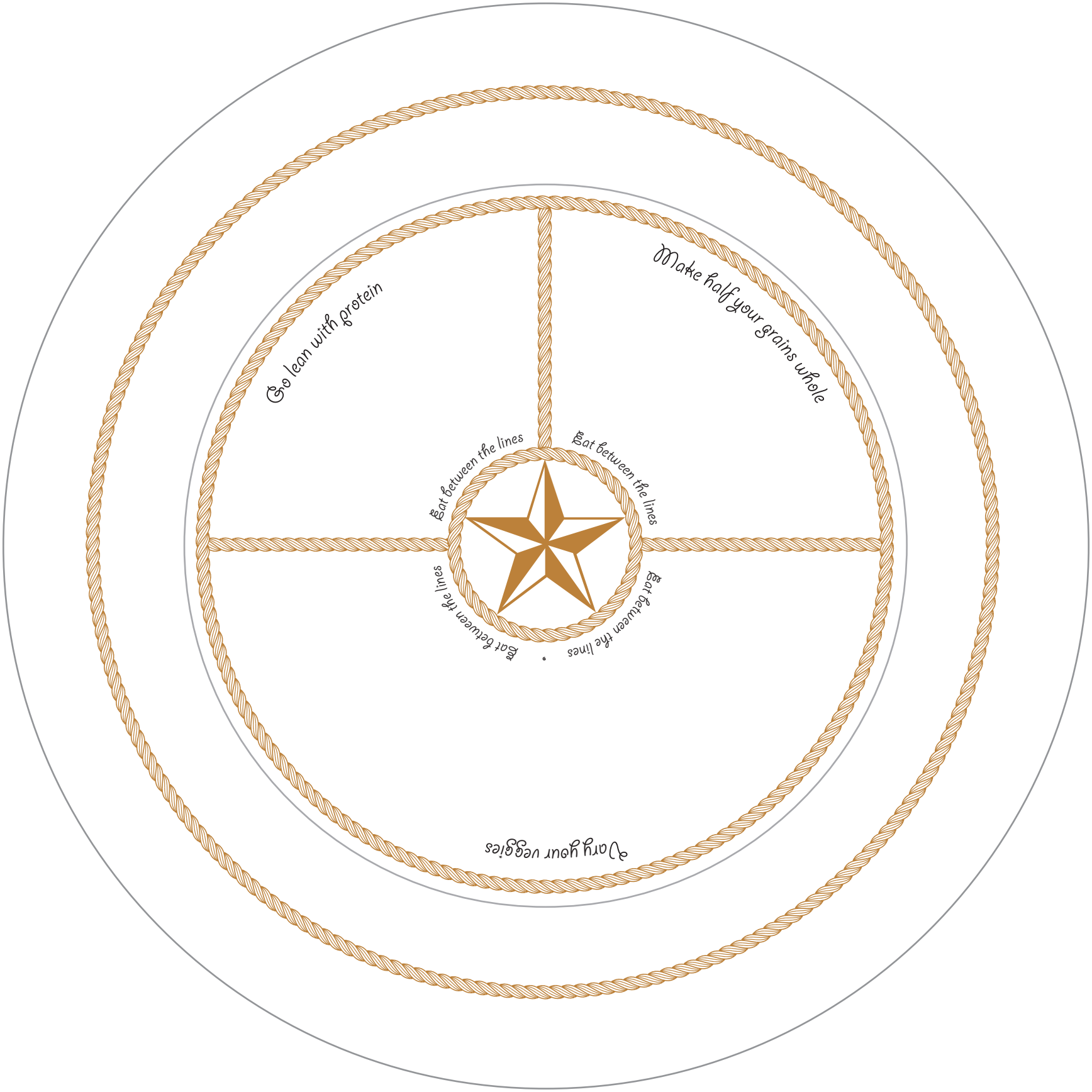
Go lean with protein
Make half your grains whole
Vary your veggies
Eat between the lines
Eat between the lines
Eat between the lines
Eat between the lines