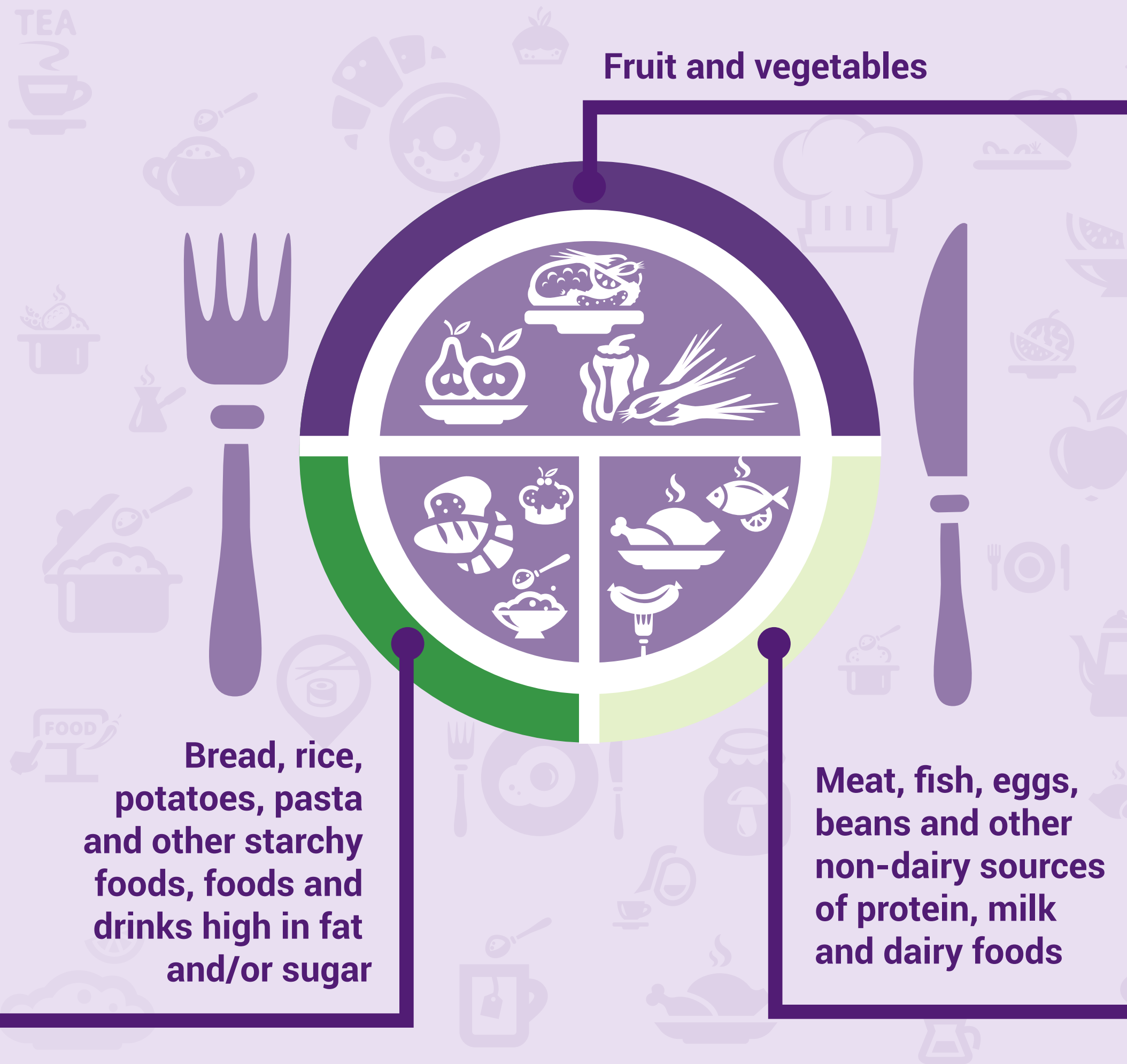


March is **#NationalNutritionMonth**

KNOW YOUR PLATE



**MAKE HALF
YOUR PLATE
FRUITS AND
VEGETABLES**

**AVOID
OVERSIZED
PORTIONS**

**SWITCH TO
FAT-FREE OR
LOW-FAT
(1%) MILK**

**DECREASE
YOUR SALT
INTAKE**



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