

FOOD RAINBOW



GRAINS
5 - 12
servings
per day

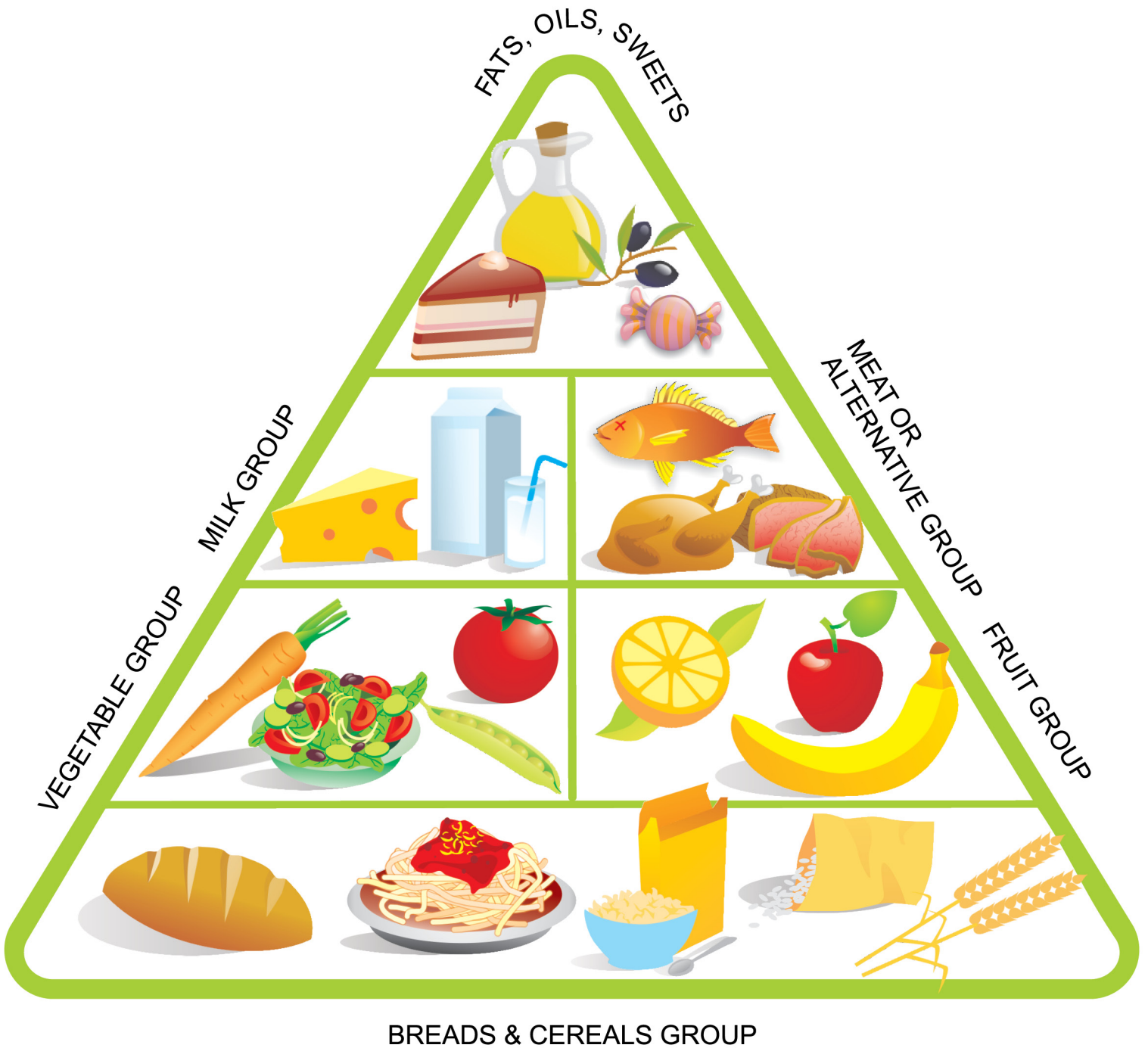
FRUIT & VEG
5 - 10
servings
Per day

DAIRY
3 - 4
servings
per day

MEAT
2 - 3
servings
per day



6 OR MORE SERVINGS

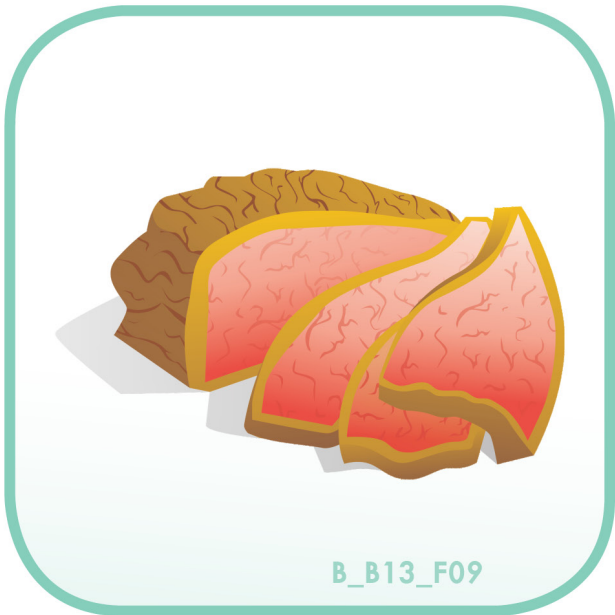




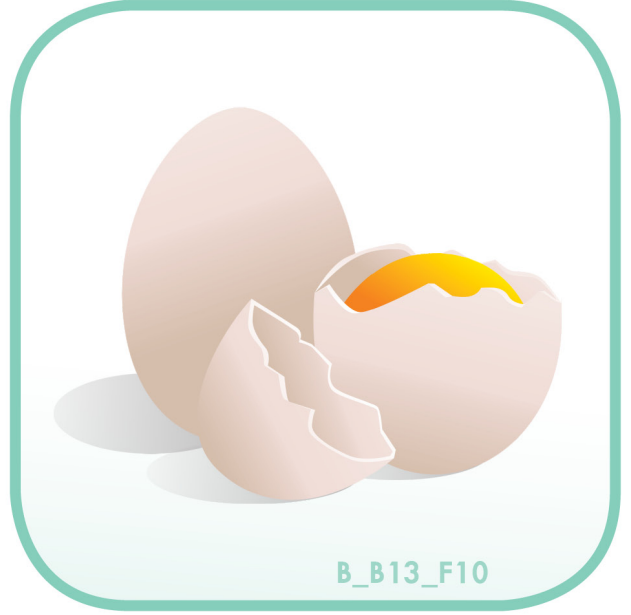
B_B13_F07



B_B13_F08



B_B13_F09



B_B13_F10



B_B13_F11



B_B13_F12



B_B13_F13



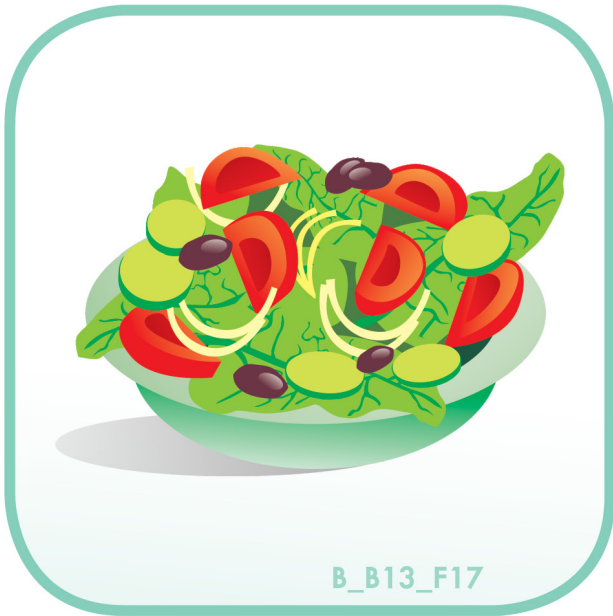
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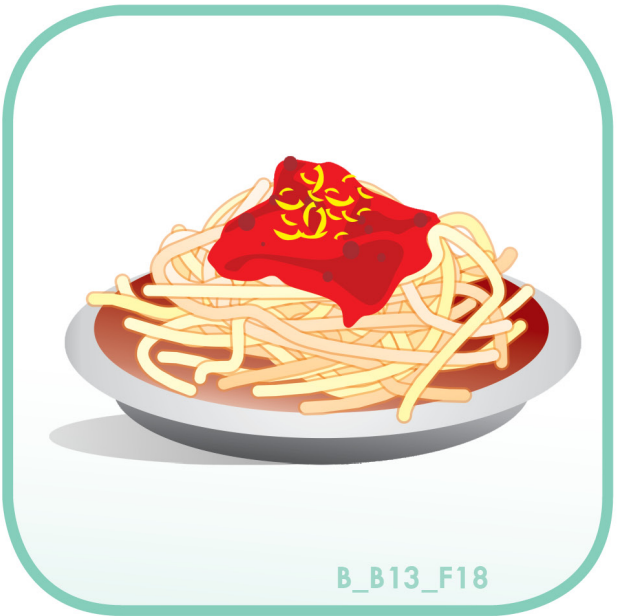
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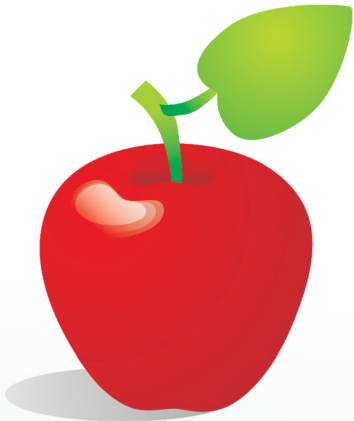
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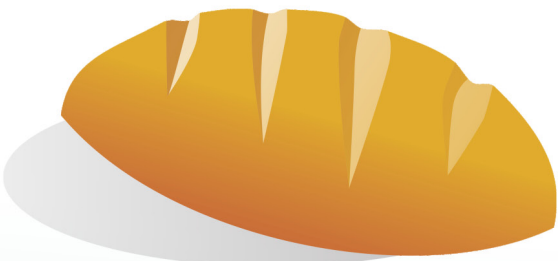
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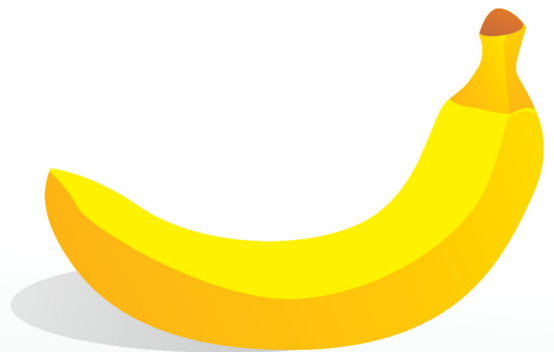
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B_B13_F02



B_B13_F03



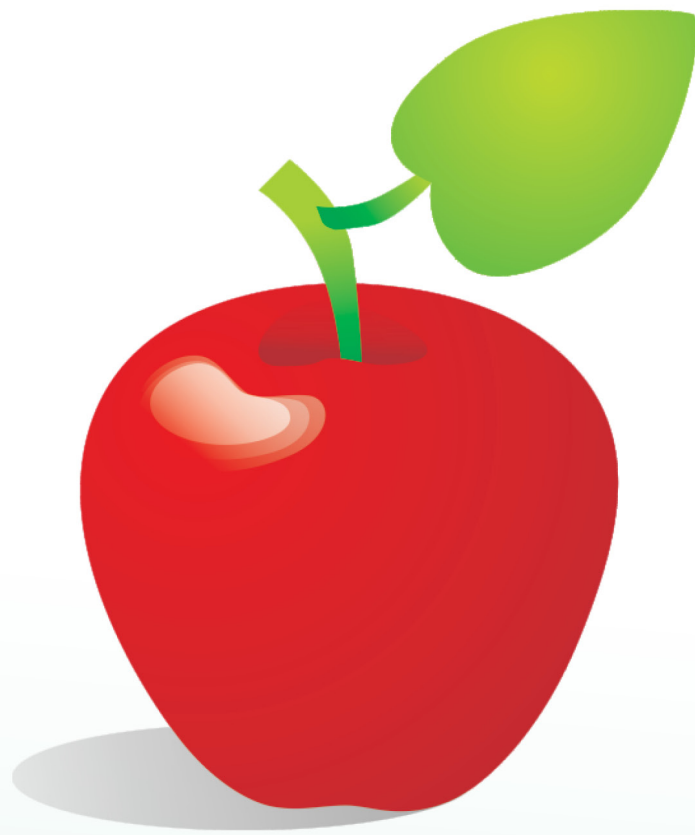
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B_B13_F05



B_B13_F06



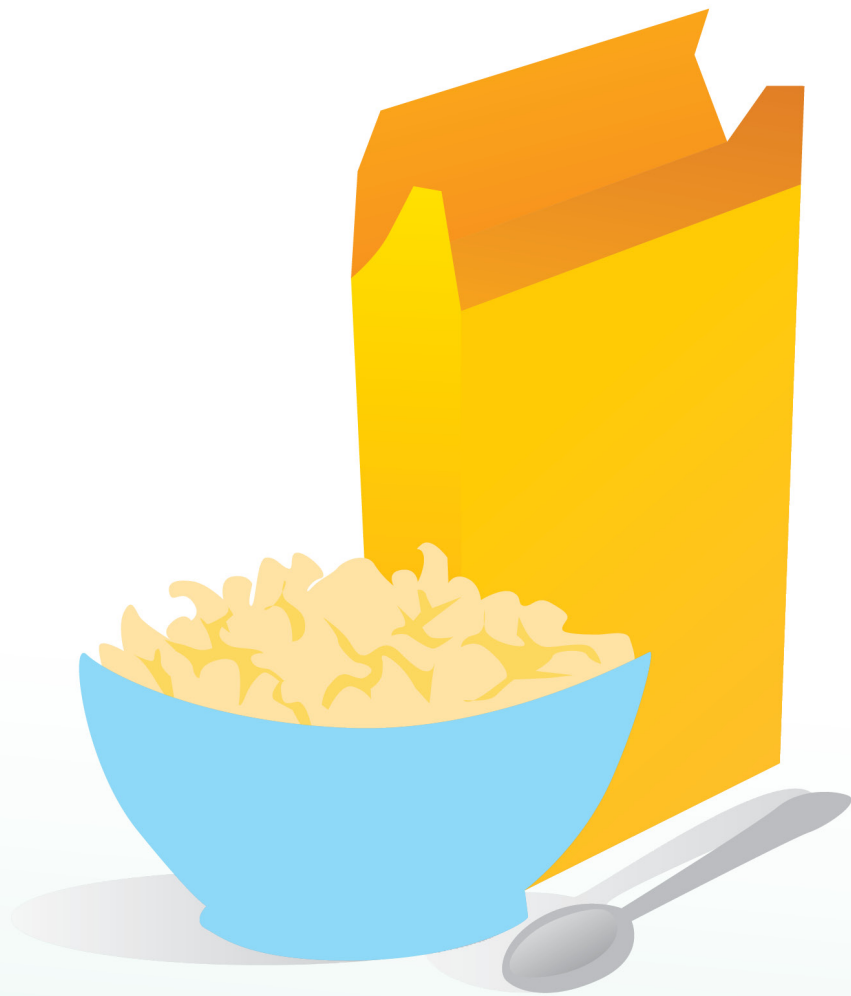
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B_B13_F05



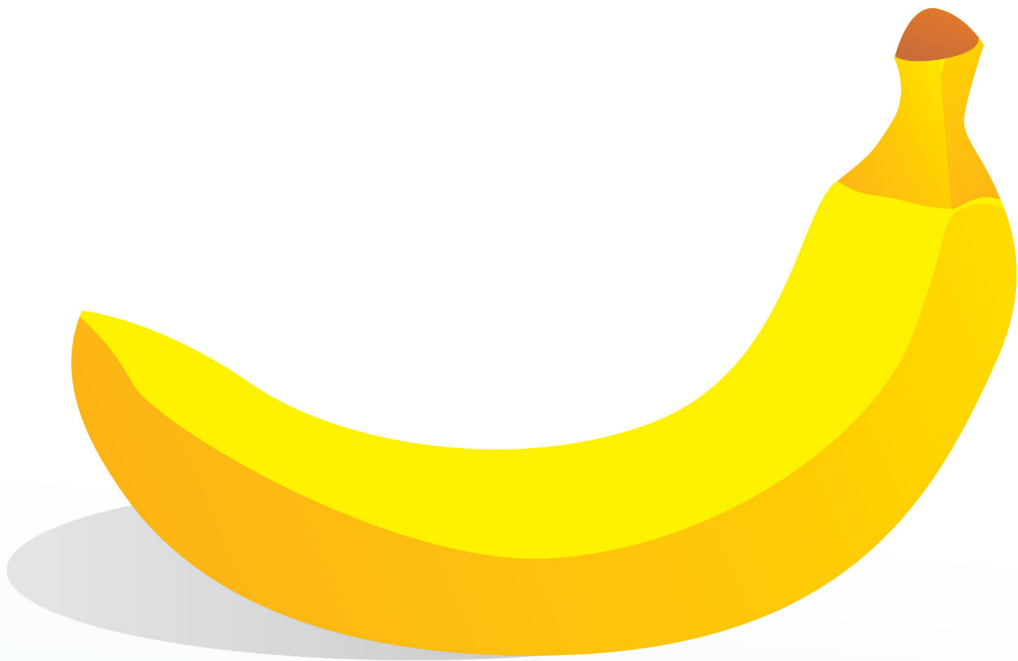
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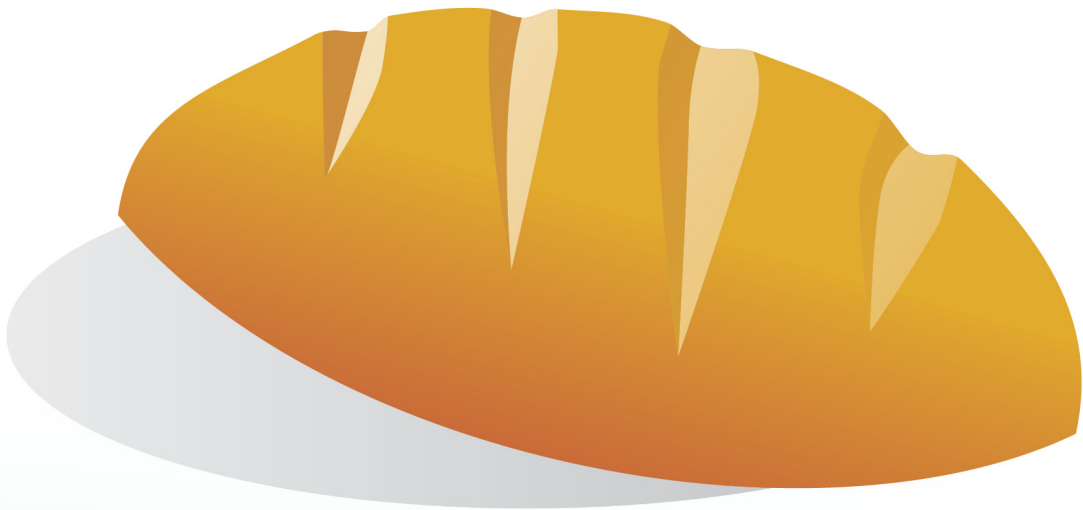
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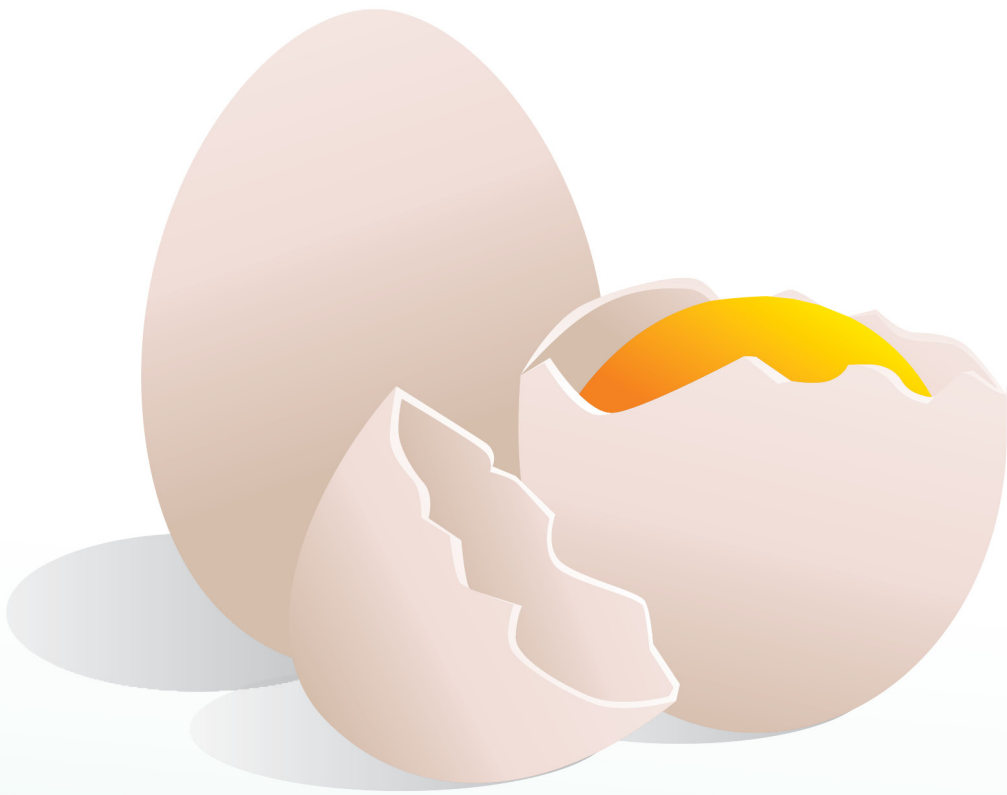
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B_B13_F04



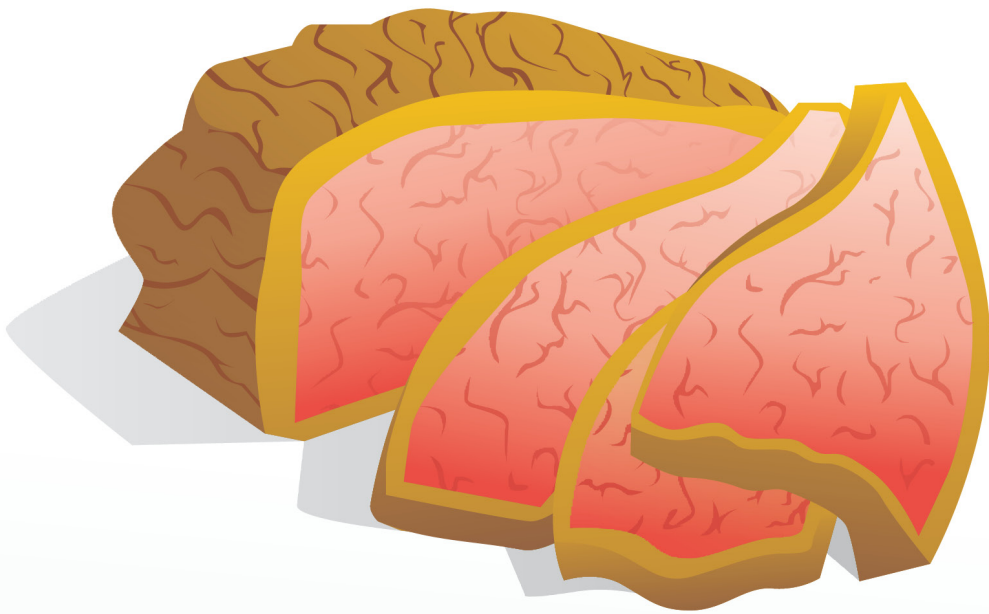
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B_B13_F10



B_B13_F12



B_B13_F09



B_B13_F07



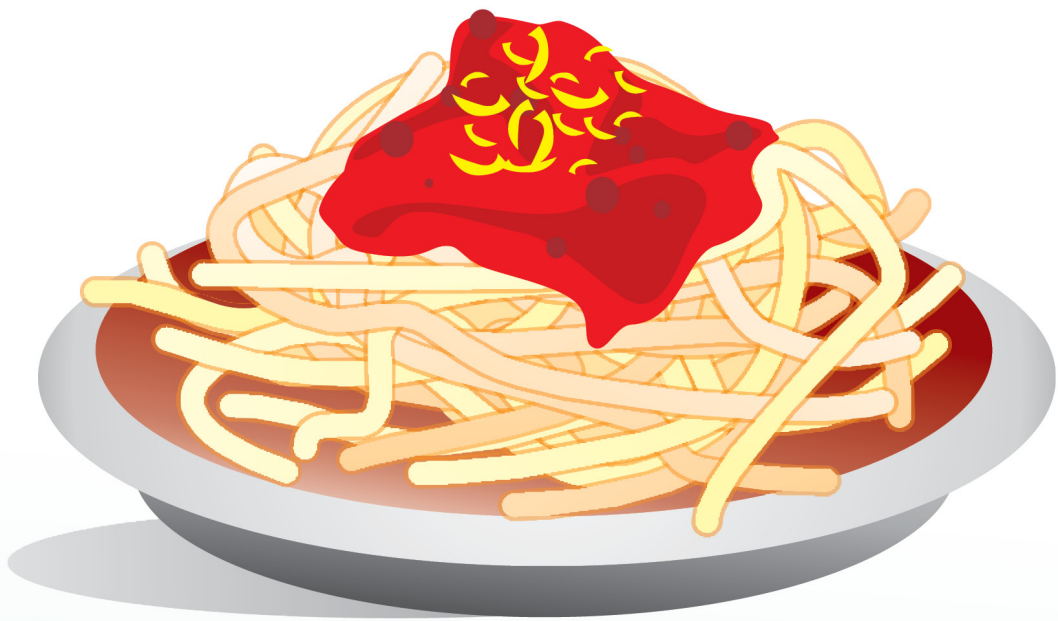
B_B13_F14



B_B13_F15



B_B13_F17



B_B13_F18



B_B13_F13