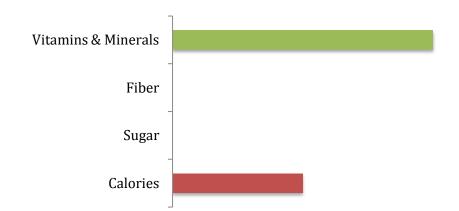


Energy and Nutrient Density

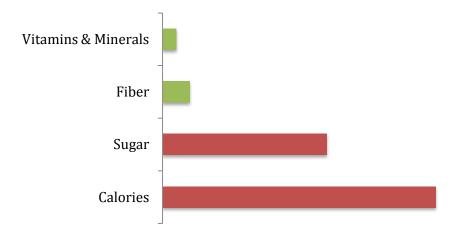


(3 oz grilled)



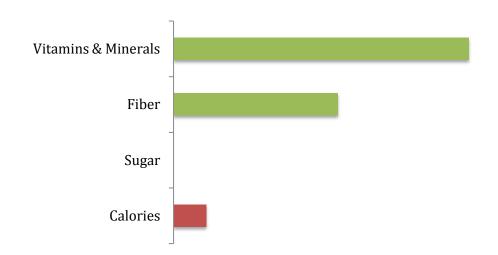


Macaroni & Cheese (1 cup)





Greens (1 cup)



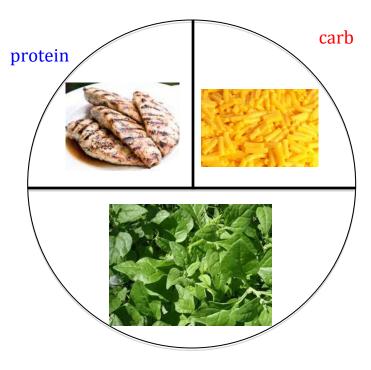


Rethink Your Plate...

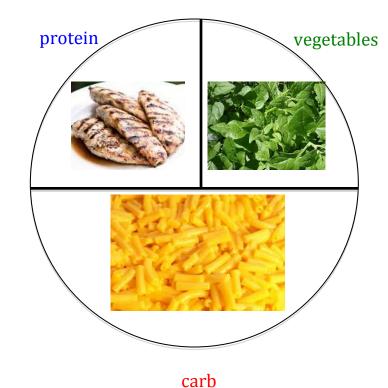
....to Choose More of God's Food

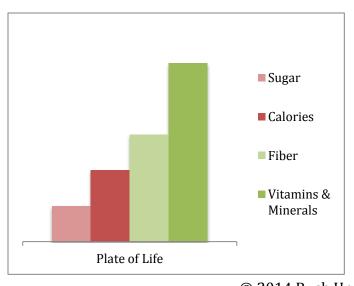
Plate of Life

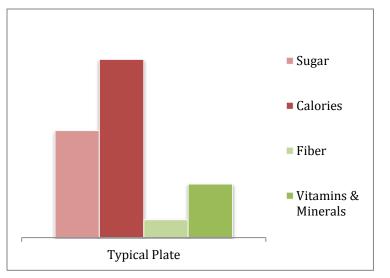
Typical Plate











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Lesson 3a