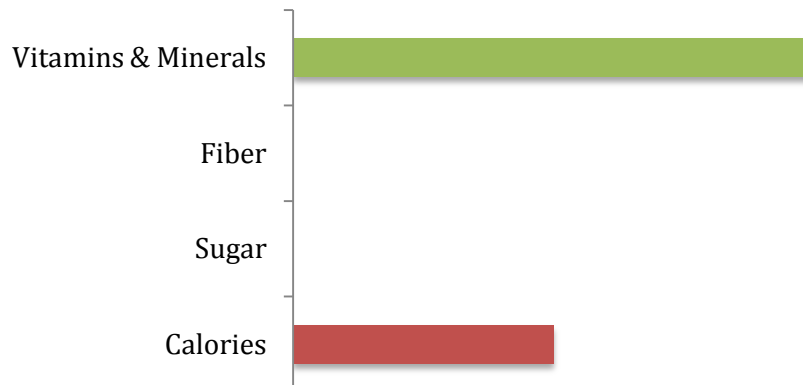


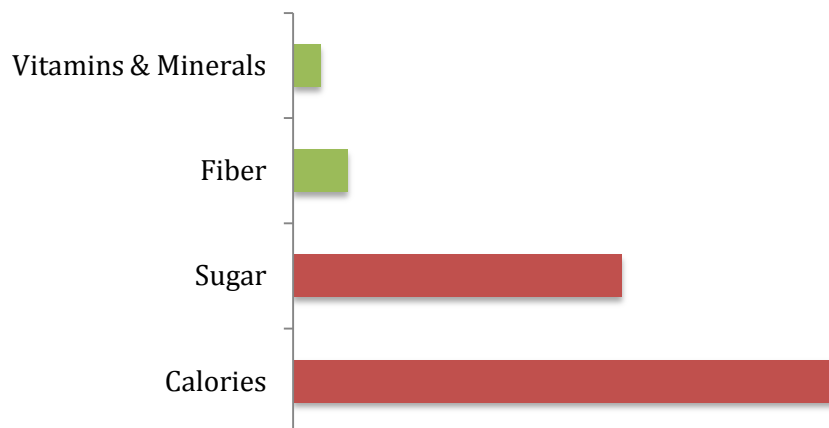
Energy and Nutrient Density



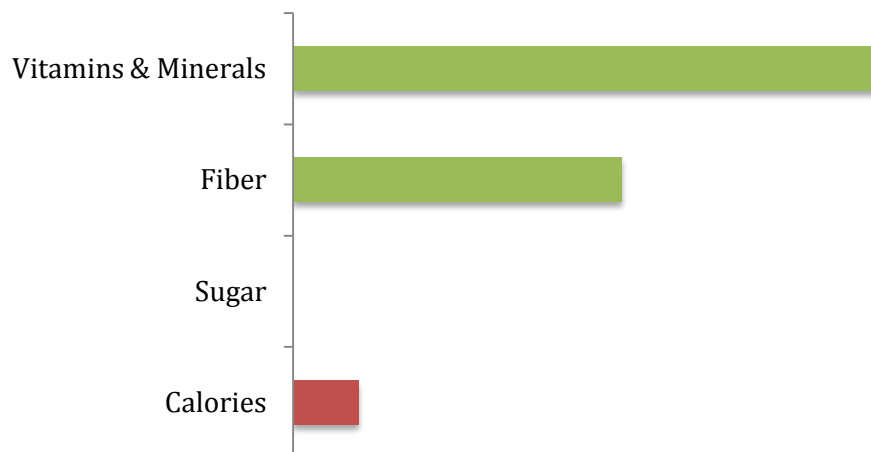
Chicken
(3 oz grilled)



Macaroni & Cheese
(1 cup)



Greens
(1 cup)



Rethink Your Plate...

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

Plate of Life

Typical Plate

