

**EAT
LESS**



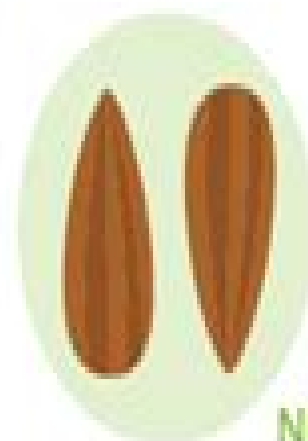
Salt (Sodium)



Fruit

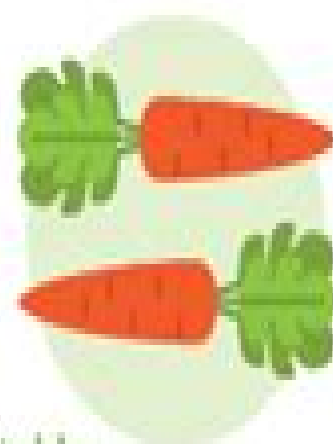


**Whole
Grains**

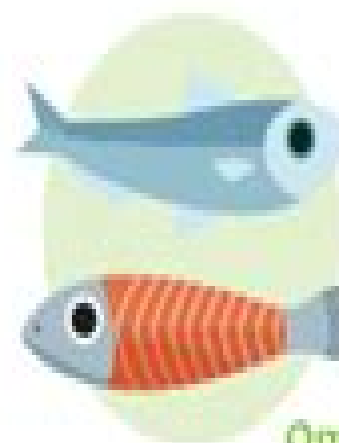


**Nuts &
Seeds**

**EAT
MORE**



Vegetables



Omega-3

Nutrition For Good Health Eating Less And Living Longer

DJ Losen



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