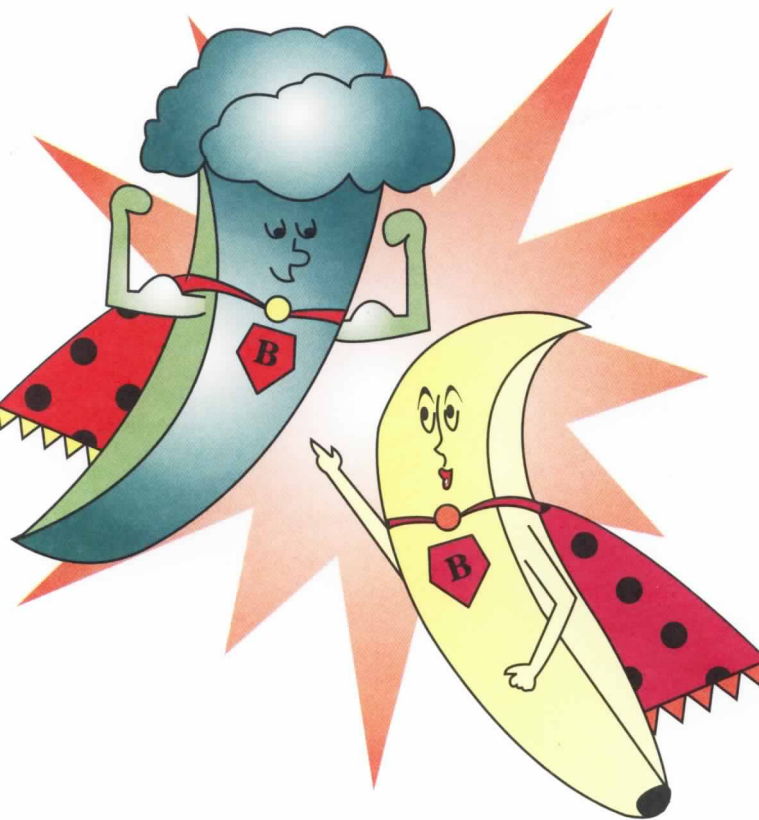


# Add POWER To YOUR MEAL

Eat More Fruits and Vegetables



**TRY ONE OF THESE IDEAS TO FEEL SUPER**

- Have a salad instead of french fries
- Choose fruit for dessert
- Ask for an extra serving of vegetables

