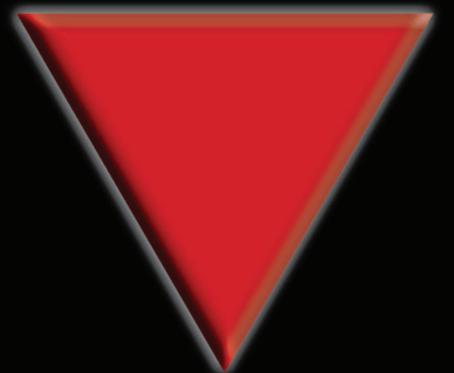




**STOP**

**Limit  
Amounts**

- ▶ High in Fat
- ▶ High in Refined Sugar

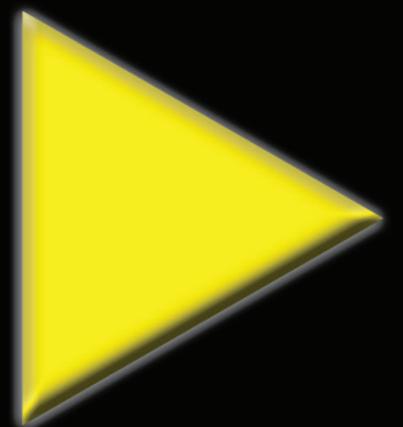




**CAUTION**

## Watch the Quantity

- ▶ Medium Fat
- ▶ More Processed





# GO

## Performance Food

- ▶ Lower in Fat
- ▶ Nutrient Packed
- ▶ Great Choice

