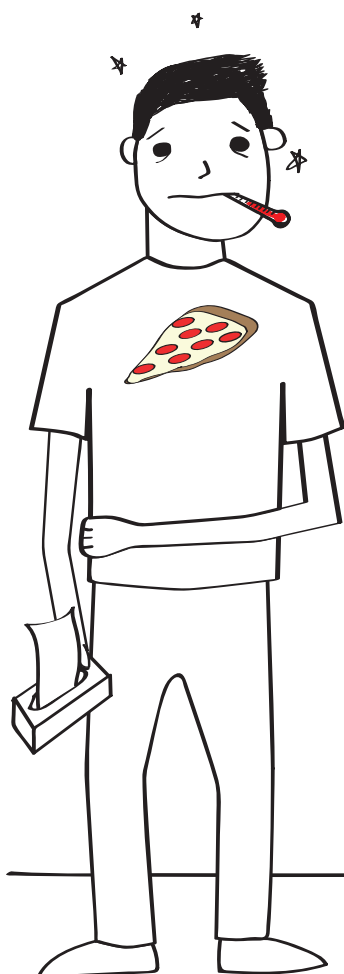


# Keep your choices in check!



Ad  
Council

Learn more at  
[eatright.org/youarewhatyoueat](http://eatright.org/youarewhatyoueat)

**eat**<sup>®</sup>  
**right.**

Balancing the food you consume  
will provide your body with the vitamins and nutrients it needs to stay  
healthy and function at its best.

Balancing your diet can help you  
maintain a healthy weight, provide energy and  
essential nutrients, improve your immune  
system, and reduce the risk of illness and disease.