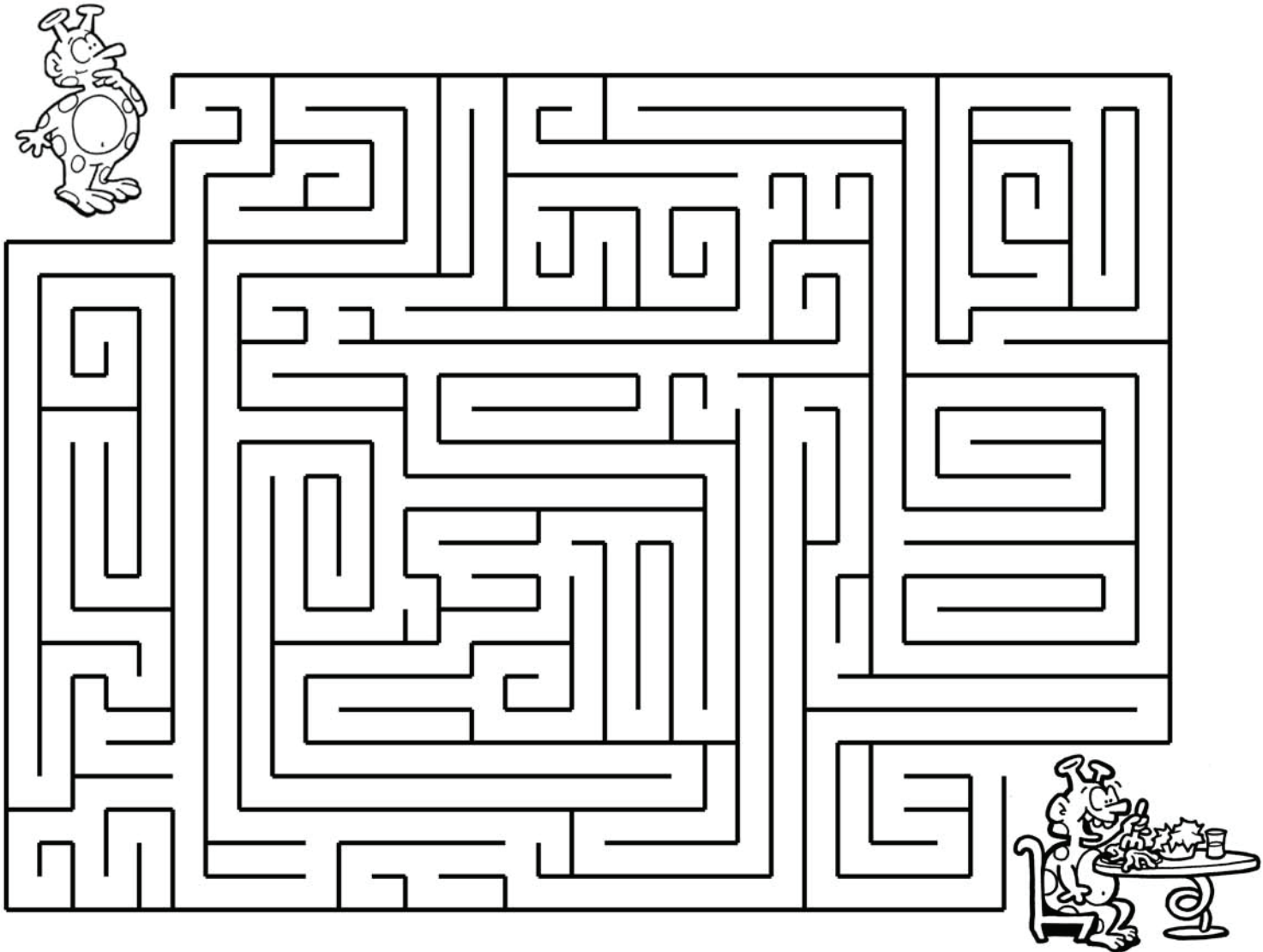


# Help Mac Find His Way to a Healthy, Balanced Meal!

A healthy, balanced diet is important to Mac because it keeps his body and mind healthy. Mac and his family enjoy to eat nutritious, balanced meals from the major food groups and avoid foods that have a lot of fat, sugar, and salt. What's your favorite healthy balanced meal?



## DID YOU KNOW?

A healthy, balanced meal will provide your body the nutrients you need to grow and help reduce the risk of developing preventable diseases. Eat a healthy breakfast, lunch, dinner, and nutritious snacks between meals and your body will stay healthy and energized.



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