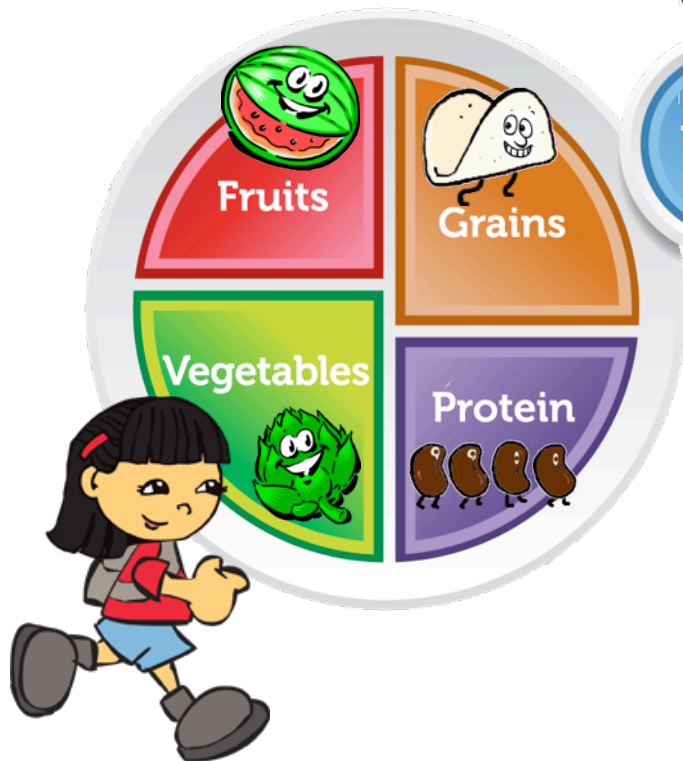




These are once in a while foods:

- Candy, soda, chips and fast foods have lots of fat and sugar.
- Only eat them sometimes as a treat, not every day.



There's no room for you on My Plate.

