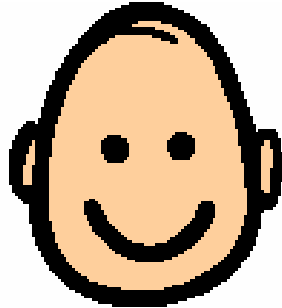


# Healthy eating



enjoy your food



have regular meals and  
breakfast every day



eat a variety of foods



eat the right amount to  
be a healthy weight

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