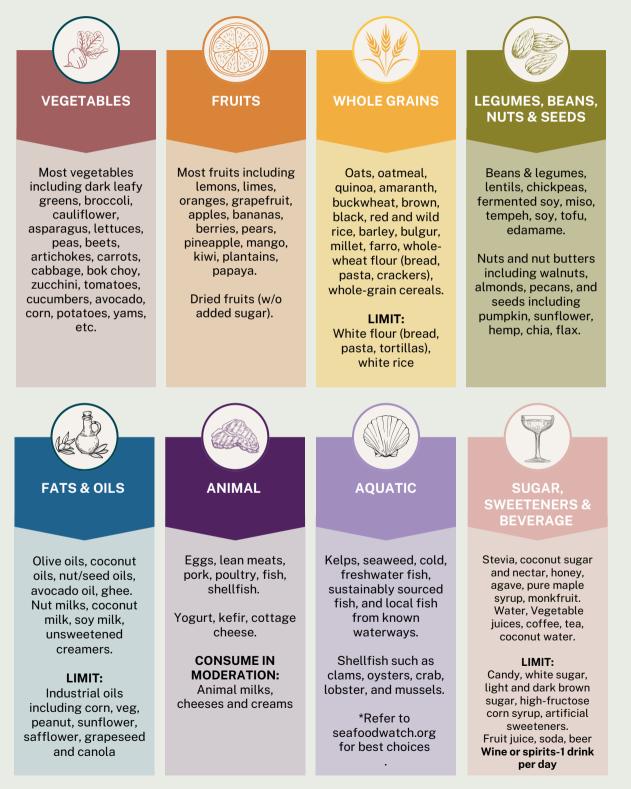
FOODS TO EMBRACE TRAIL-LEVEL 1

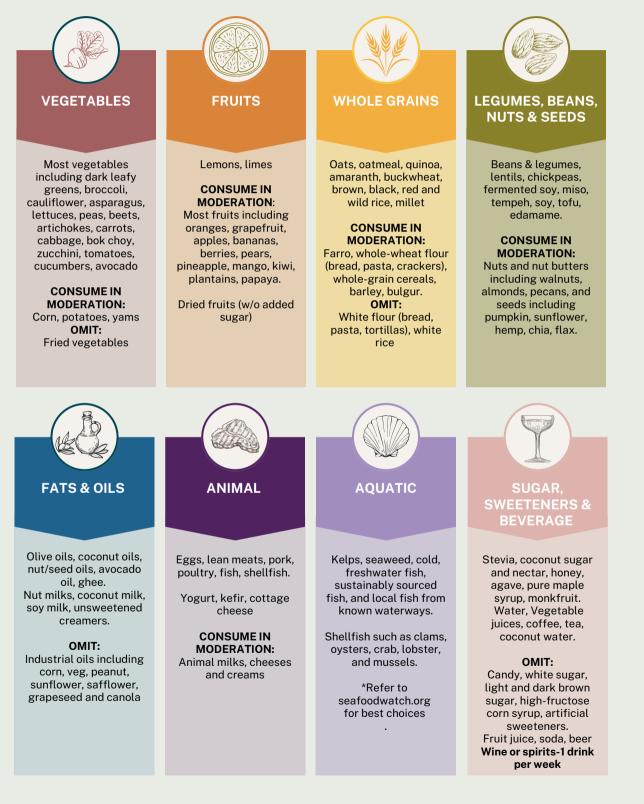
EXPERIMENT WITH THESE FOODS TO INCREASE DIETARY DIVERSITY



AIM FOR 30+ PLANTS / WEEK TO MAXIMIZE HEALTH BENEFITS

FOODS TO EMBRACE SLOPE-LEVEL 2

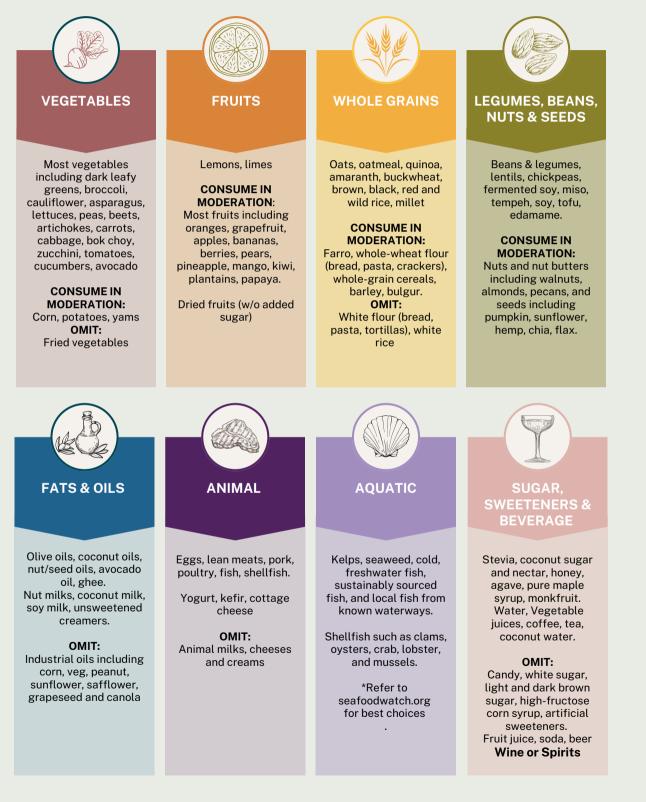
EXPERIMENT WITH THESE FOODS TO INCREASE DIETARY DIVERSITY



AIM FOR 30+ PLANTS / WEEK TO MAXIMIZE HEALTH BENEFITS

FOODS TO EMBRACE SUMMIT-LEVEL 3

EXPERIMENT WITH THESE FOODS TO INCREASE DIETARY DIVERSITY



AIM FOR 30+ PLANTS / WEEK TO MAXIMIZE HEALTH BENEFITS