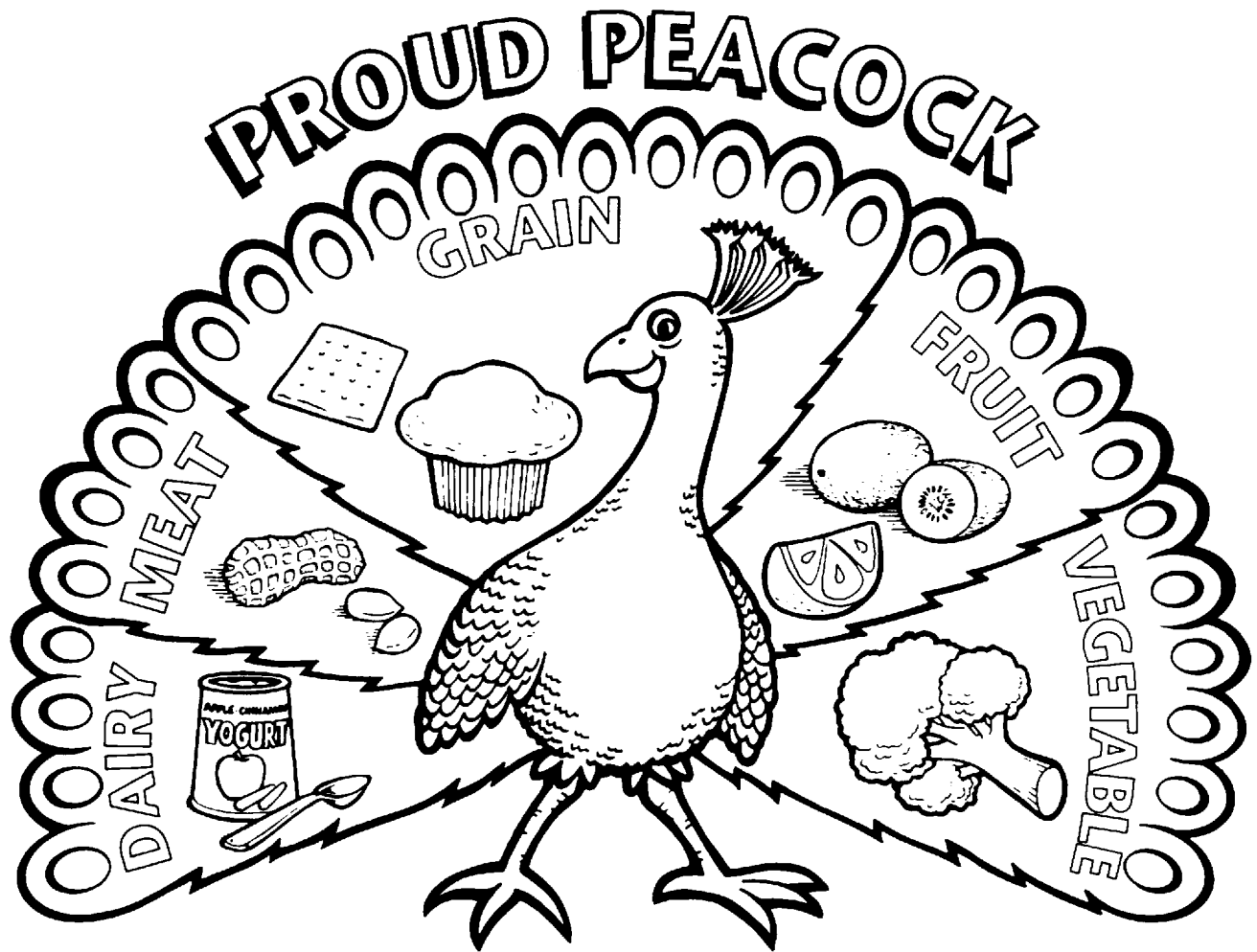


# MAKE HEALTHY CHOICES!



## THE FOOD FAN

This Food Fan shows you which kinds of foods are in each food group, and how many servings you should have from each food group every day. Color the enclosed fan and hang it on your refrigerator as a reminder to eat a wide variety of foods.

