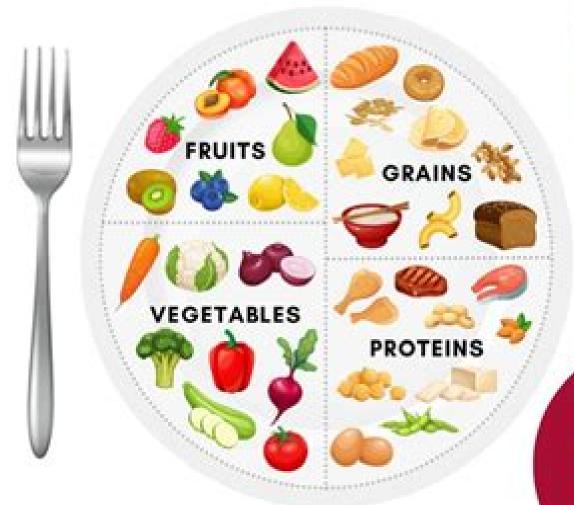
# **HEALTHY PORTIONS PLATE**





#2: Color version of plate with food types

# **It Done Nutrition Guide 5 5 5**

**Michael Brown** 

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