

**Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.**

Vegetables and legumes/beans



Only sometimes and in small amounts



# Guide To Healthy Eating

**Yi-Tong Ma**



## **Guide To Healthy Eating:**

Ignite the flame of optimism with is motivational masterpiece, **Guide To Healthy Eating** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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