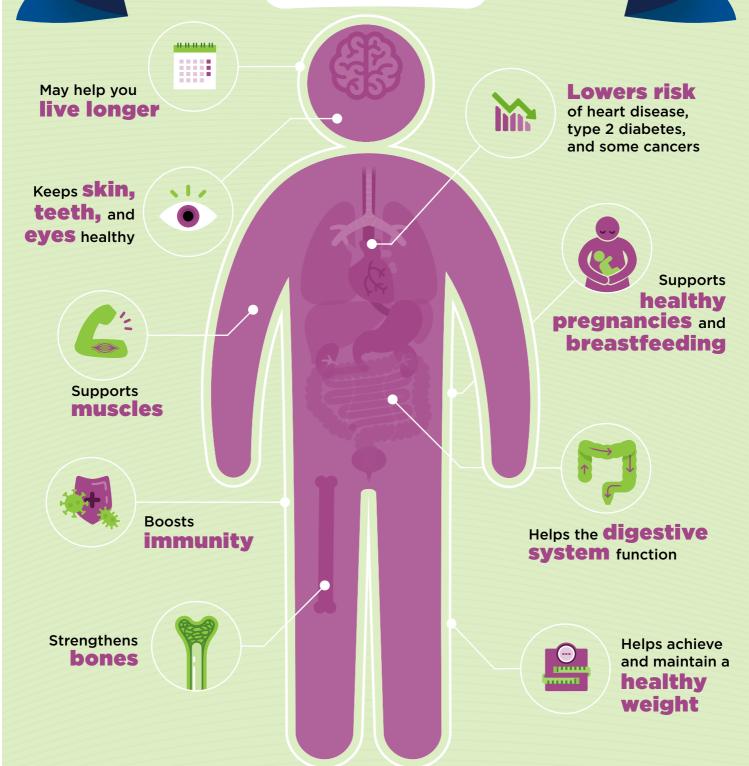
## Benefits of Healthy Eating

for Adults



to LEARN MORE VISIT cdc.gov/healthyweight/healthy\_eating

