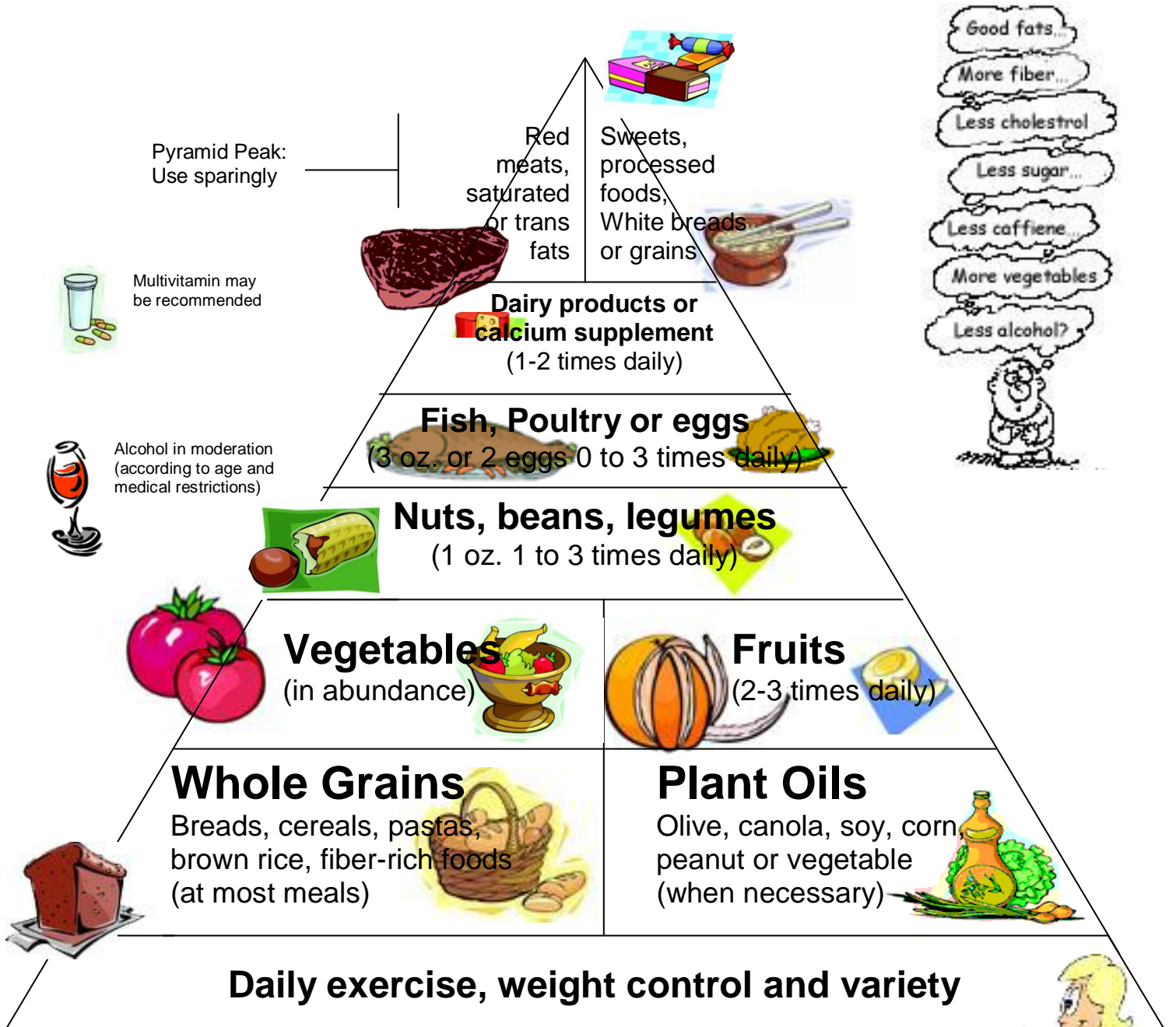


# Healthy Eating

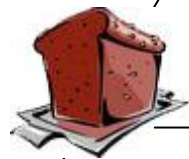
Modified from guidelines out of Harvard University



Multivitamin may be recommended



Alcohol in moderation (according to age and medical restrictions)



When in doubt, choose modestly and moderately, and/or consult a registered dietitian

**Listen to and take care of your body!**  
It's the only one you've got!

