

Benefits of Making Healthful Food Choices

- ⊕ Helps you maintain / improve health
- ⊕ Prevents _____
- ⊕ Lowers risk for certain chronic diseases.
- ⊕ Can affect _____
- ⊕ Can affect energy level
- ⊕ Can affect your _____

Healthful Food Choicespb2002

Annelies Wilder-Smith



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