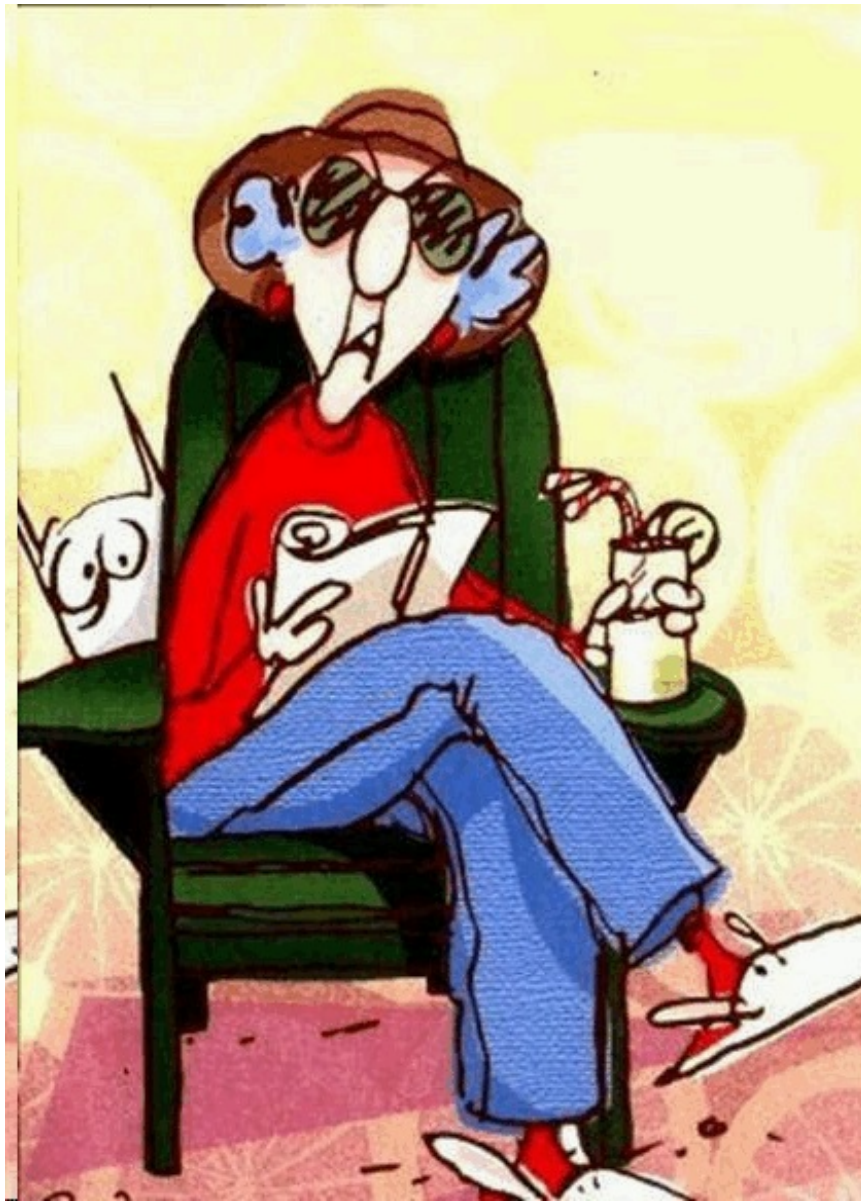


## Color IS GOOD!



Yesterday I went to the doctor for my yearly physical. My blood pressure was high, my cholesterol was high, I'd gained some weight, and I didn't feel so hot.

My doctor said eating right doesn't have to be complicated and it would solve my physical problems. He said just think in colors...

Fill your plate with bright colors... greens, yellows, reds, etc.

I went right home and ate an entire bowl of :



And sure enough, I felt better immediately.  
I never knew eating right could be so easy.