


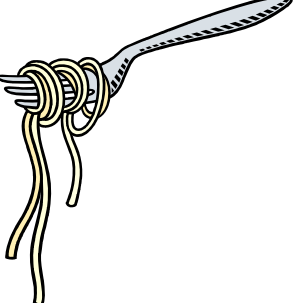


GOOD FOODS TO BUY

	<p>Fresh or Frozen vegetables</p>
	<p>Fresh fruit</p>
	<p>Chicken and turkey (take the skin off)</p>
	<p>Plain rice and noodles</p>
	<p>Reduced sodium soup</p>