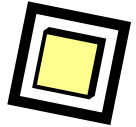


What's on YOUR Plate?



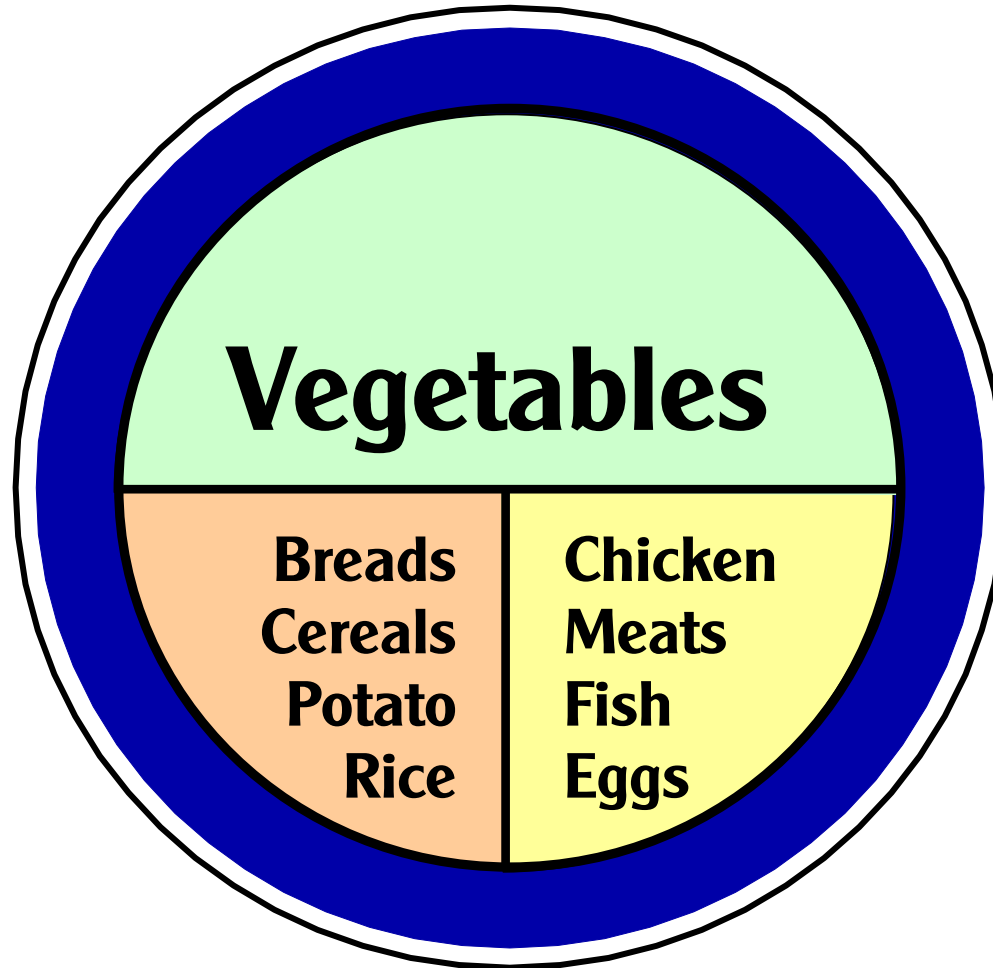
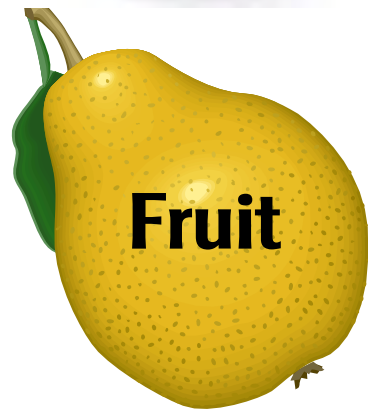
1 teaspoon = 5 g of fat



Packet = 267 mg of sodium



Packet = 4 g of sugar



The plates compare two options.
Which one would support *YOUR* mind, body, spirit and energy?