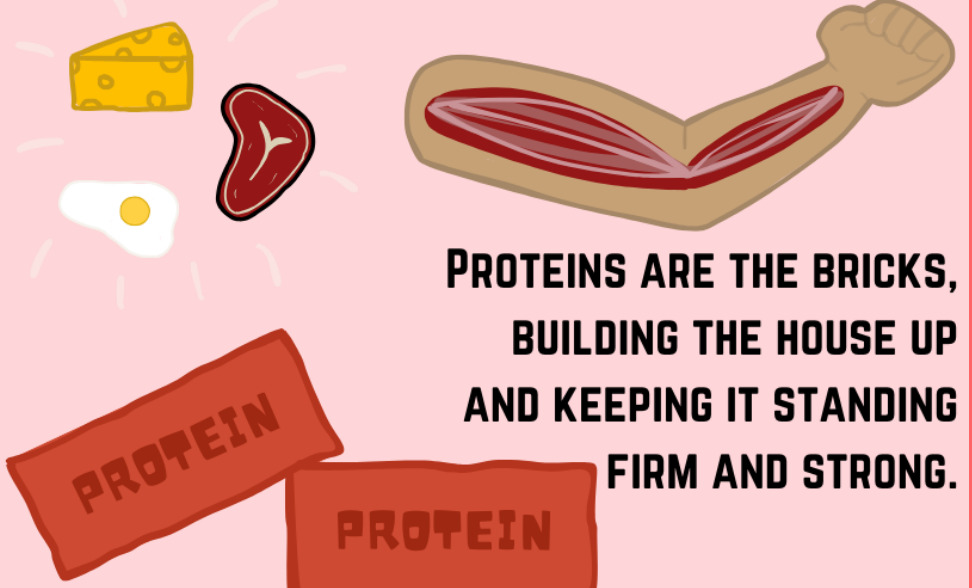


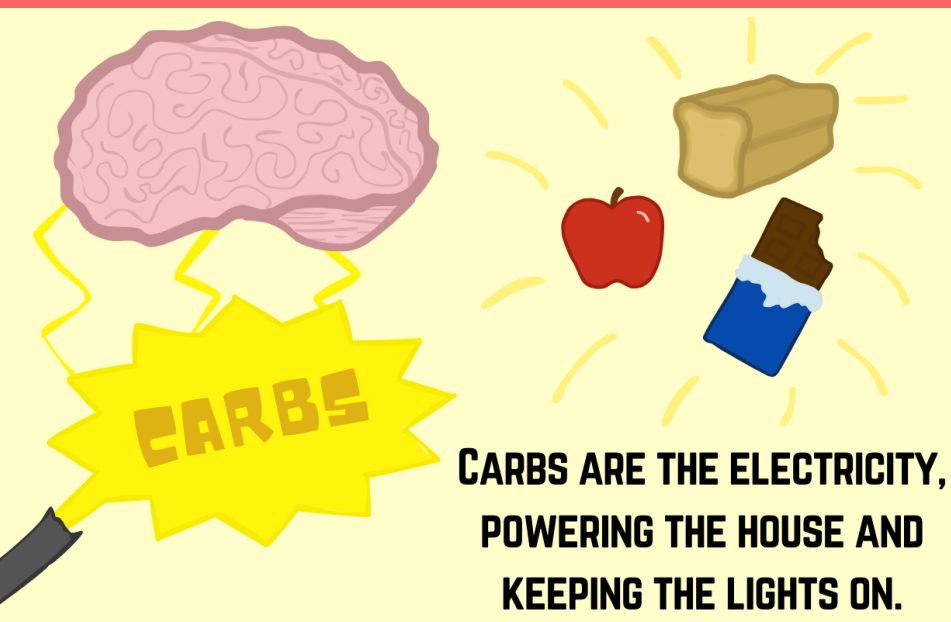
# PICTURES OF HEALTH

# "HEALTHY BODY HEALTHY HOME"

**YOUR BODY IS LIKE A HOUSE, AND DIFFERENT FOODS ARE ITS DIFFERENT PARTS.**



**PROTEINS ARE THE BRICKS, BUILDING THE HOUSE UP AND KEEPING IT STANDING FIRM AND STRONG.**

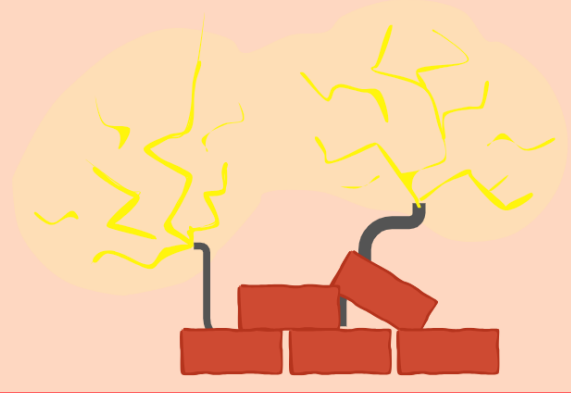
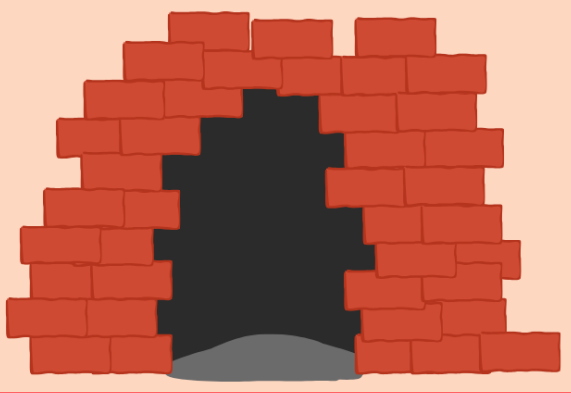


**CARBS ARE THE ELECTRICITY, POWERING THE HOUSE AND KEEPING THE LIGHTS ON.**

**LIPIDS ARE THE FIRE IN THE FIREPLACE. THEY KEEP THE HOUSE WARM AND COMFORTABLE, AND CAN ALSO BE A SOURCE OF LIGHT WHEN THE POWER GOES OUT.**



**A HOUSE ISN'T REALLY A HOUSE WITHOUT ALL ITS PARTS, JUST LIKE YOUR BODY DOESN'T WORK RIGHT WITH TOO MUCH OR TOO LITTLE OF ONE THING.**



**BUT WHEN YOU PUT EVERYTHING TOGETHER IN THE RIGHT BALANCE YOU END UP WITH A HAPPY, HEALTHY HOME!**

