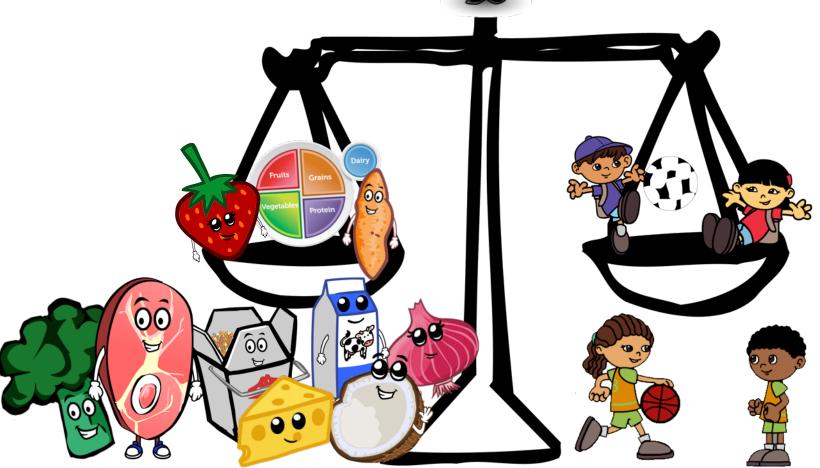
Chef Solus 10 Tips to a Healthy MyPlate - Tip #1



Balance MyPlate with daily activity:

•Go outside and be active.



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