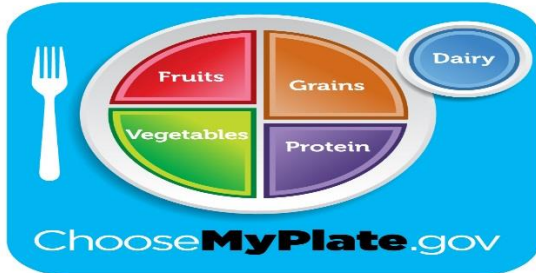


Balance= Eating foods from many different food groups.



Variety= eating a lot of different foods in each group.



Moderation= Not eating too much of any one food.

