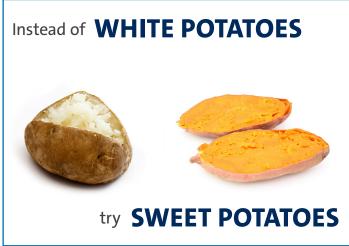
Ten simple substitutions

All foods in moderation can be part of a healthy, balanced diet, but for those looking for lower calorie options or desire to include more nutrient-dense foods to their diet, here are several simple substitutions.











See reverse for more substitutions

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