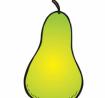




This week our family will:

-  Eat a dark green, red, or orange vegetable at dinner each night
-  Switch to a whole grain cereal for breakfast
-  Drink fat free or low fat milk
-  Eat beans or peas at dinner at least once
-  Drink water instead of soda or other sweet drinks
-  Enjoy fruit for dessert

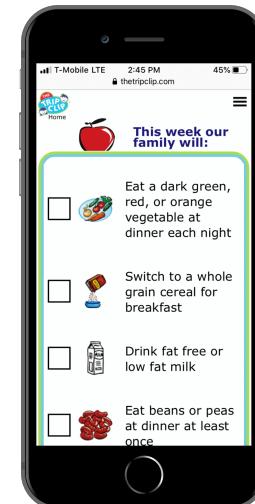
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