



# Get ready to turn over a new leaf

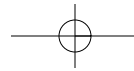


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**Are a bag of chips, soft drink and candy bar your idea of eating something from each food group?**

Then it's time to make a commitment to practice better nutrition. Most of us could probably use a little help when it comes to our eating habits.

Dig into healthy eating with **Nutrition FUNdamentals**. You'll learn how to eat more of your leafy greens and still include a few of your favorite treats, too. Look for enrollment details coming soon.



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