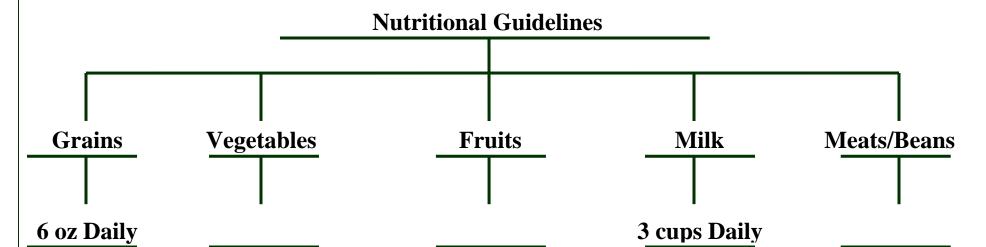
## CLASSIFYING TREE MAP



Daily intact should include at least 3 oz. whole grain

Try to include low-fat or fat free choices

