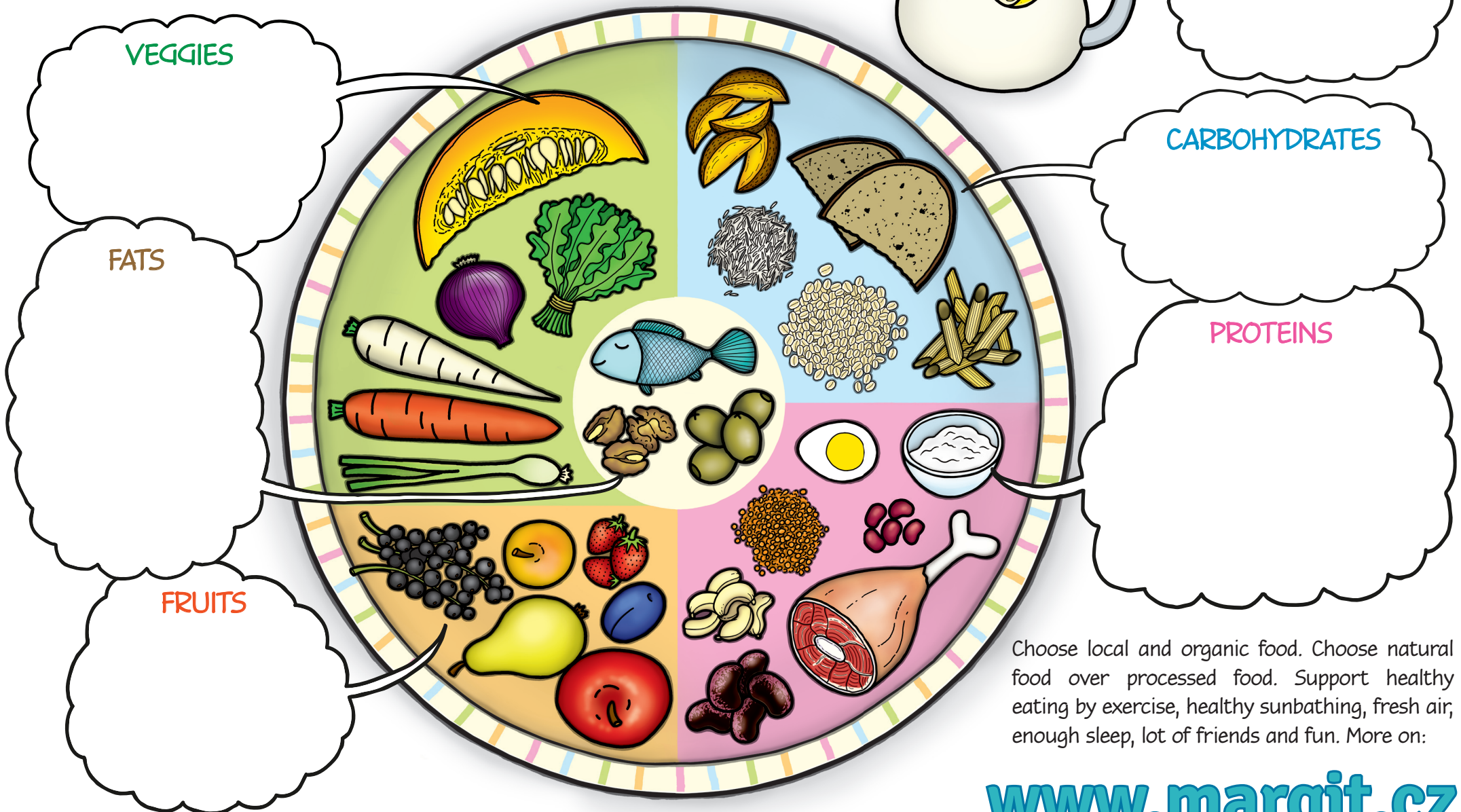


HEALTHY PLATE



Choose local and organic food. Choose natural food over processed food. Support healthy eating by exercise, healthy sunbathing, fresh air, enough sleep, lot of friends and fun. More on: