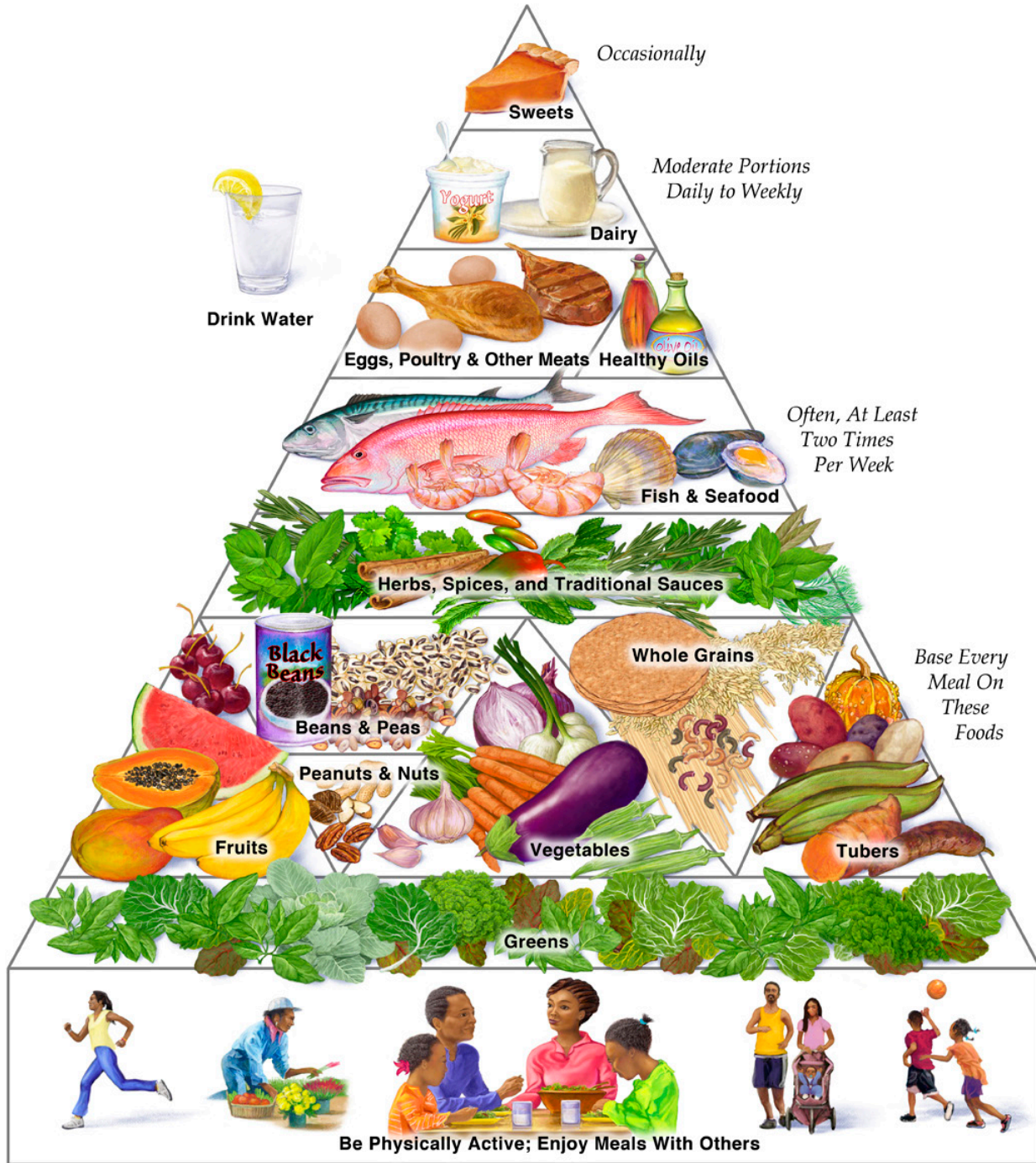


African Heritage Diet Pyramid



*Enjoy
A Healthy
Lifestyle*

Illustration by George Middleton

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