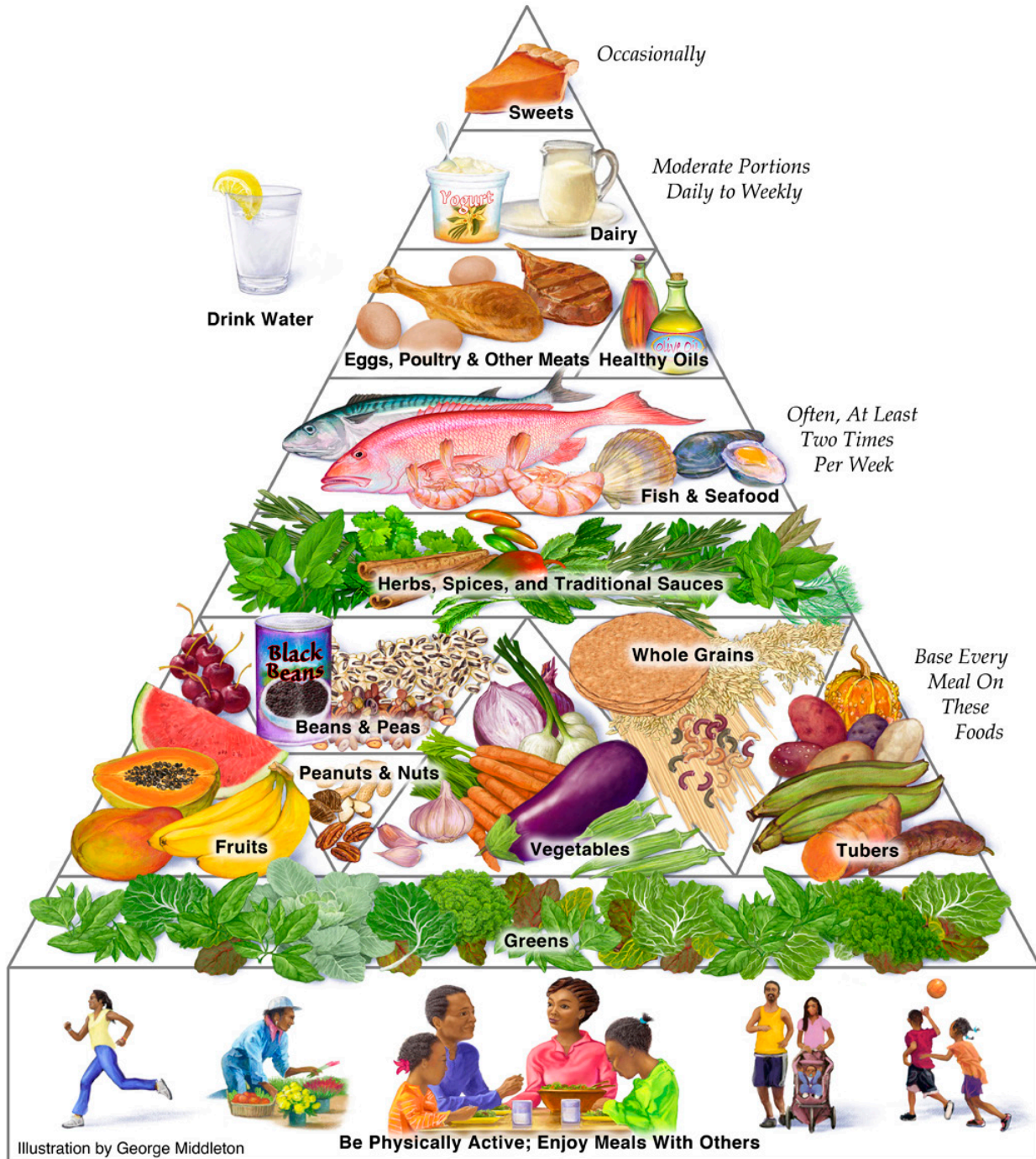


African Heritage Diet Pyramid



Enjoy
A Healthy
Lifestyle

Illustration by George Middleton

Be Physically Active; Enjoy Meals With Others