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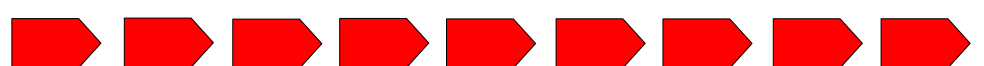
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## \*\*\* Nutrition Continued \*\*\*

Nutrients, caloric contents, labels, food pyramid/myplate are "foundational" concerns for healthy foods. Additional concerns include hydration ... don't forget the water - and much, much more!

There's *w-a-a-a-y* too much information to cover in this newsletter. Please - visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and other "resources" for additional information! **ggd ☺**



Three seniors are out for a stroll. One of them remarks, "It's windy." Another replies, "No way. It's Thursday." The last one says, "Me too. Let's have a soda!" **Ba-Da-Bing! ggd ☺**

