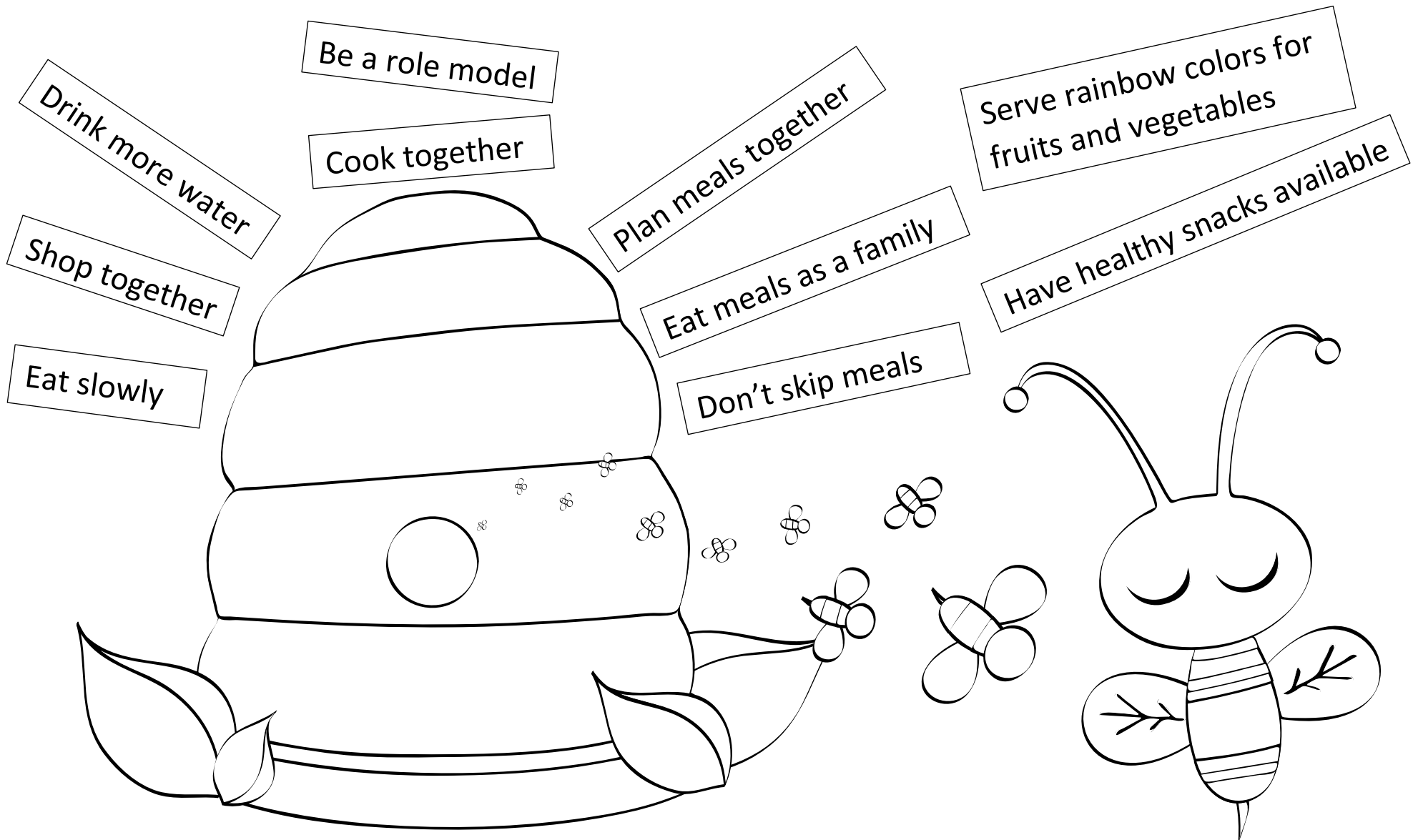


HEALTHY EATING IN THE HIVE



Include: low-fat dairy products, poultry without skin, lean cuts of meat, whole grain bread & cereal