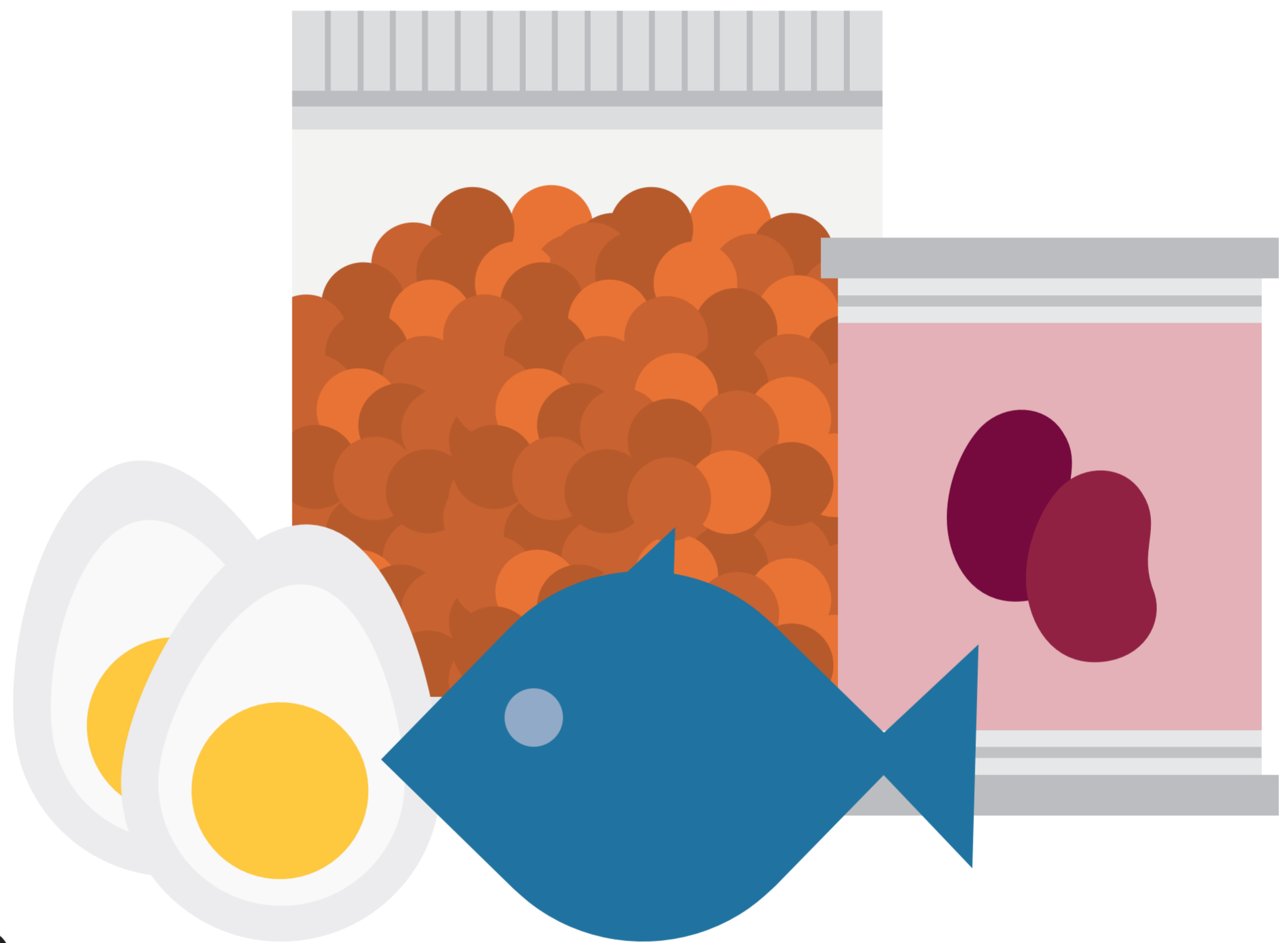


Eat well for you and the planet!

# Vary your Protein



## Be more creative

Eat a wider variety of protein foods and  
choose plant protein sources more often

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