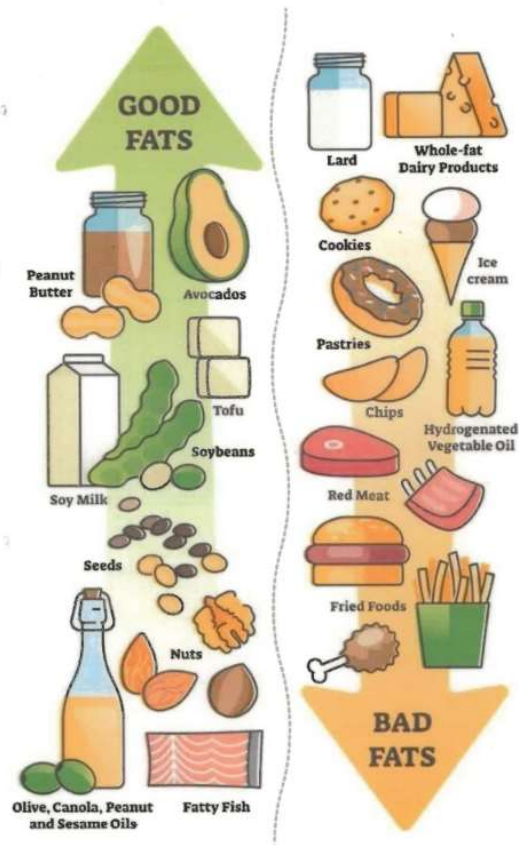




HEALTHY FATS

Sources and a guide to portion size

@hayleyplummerpt



Choose to Eat More of the Good/Healthy Fats