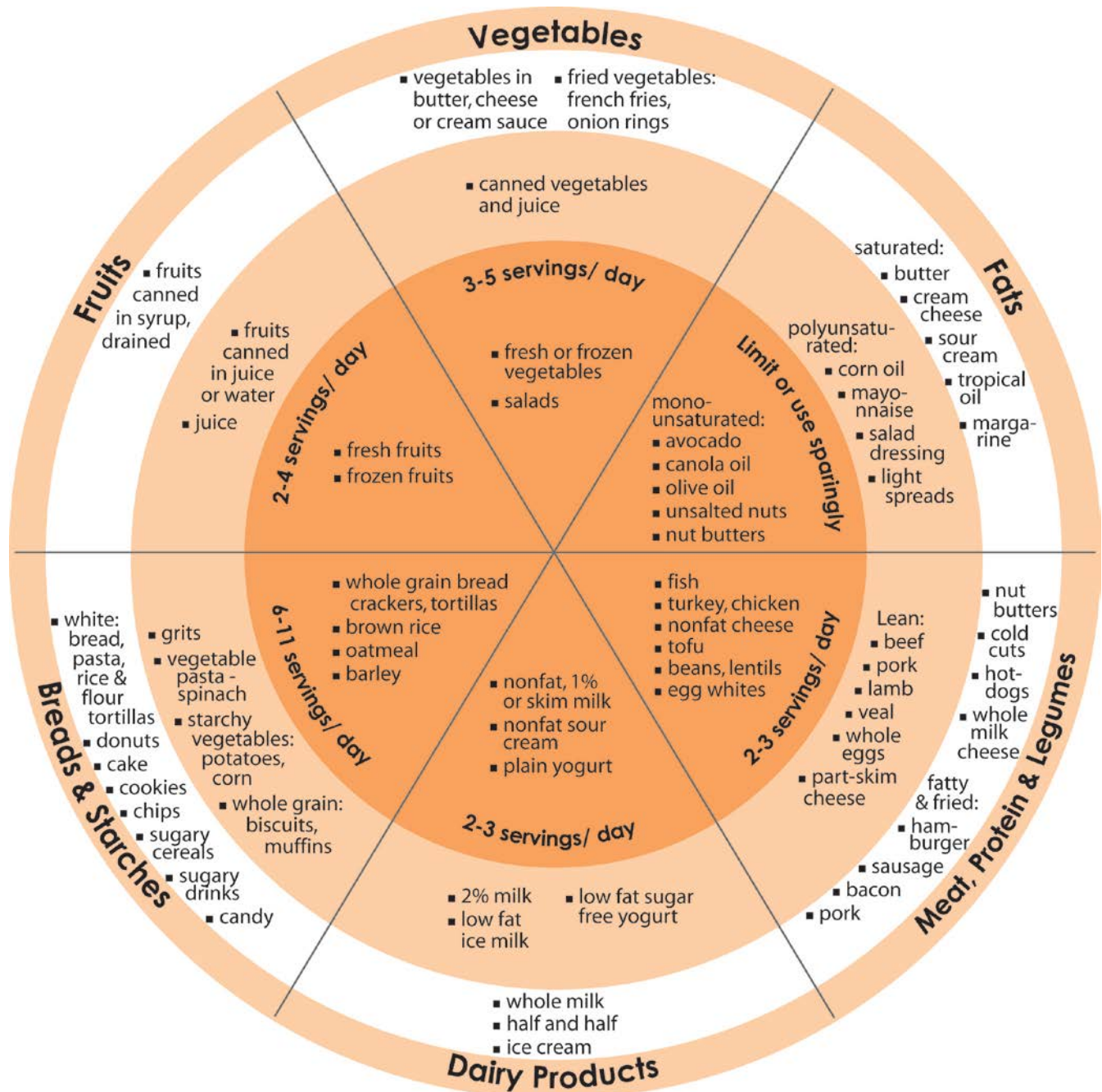


Aim for Healthy Eating

Aim for the bull's-eye. That's the middle of this food target. You'll find a wide variety of high-fiber, low-fat, and low-sugar food choices. The farther you move away from the bull's-eye, the higher in fat, calories, sugar, and salt the choices are.



When we first start to target practice, most of us don't hit the bull's-eye right away. But that's where we aim. The more you practice, the better you'll do. Before too long, you'll become an expert at hitting the bull's-eye and making healthier choices.