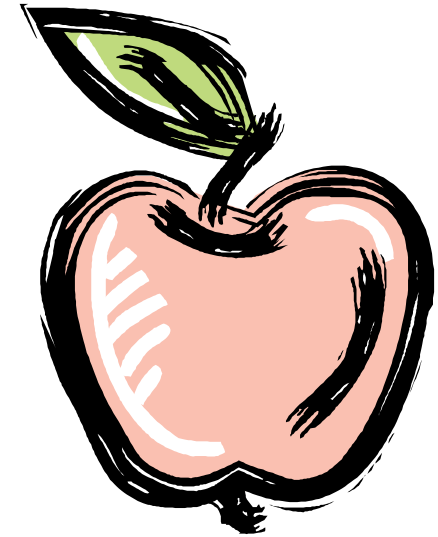


Eating Right



Eating the right foods and the right amounts can help you live a longer, healthier life. Many illnesses and conditions—such as heart disease, obesity, high blood pressure, and type 2 diabetes—can be prevented or controlled by eating right. A healthy diet also provides the vitamins and minerals you need.