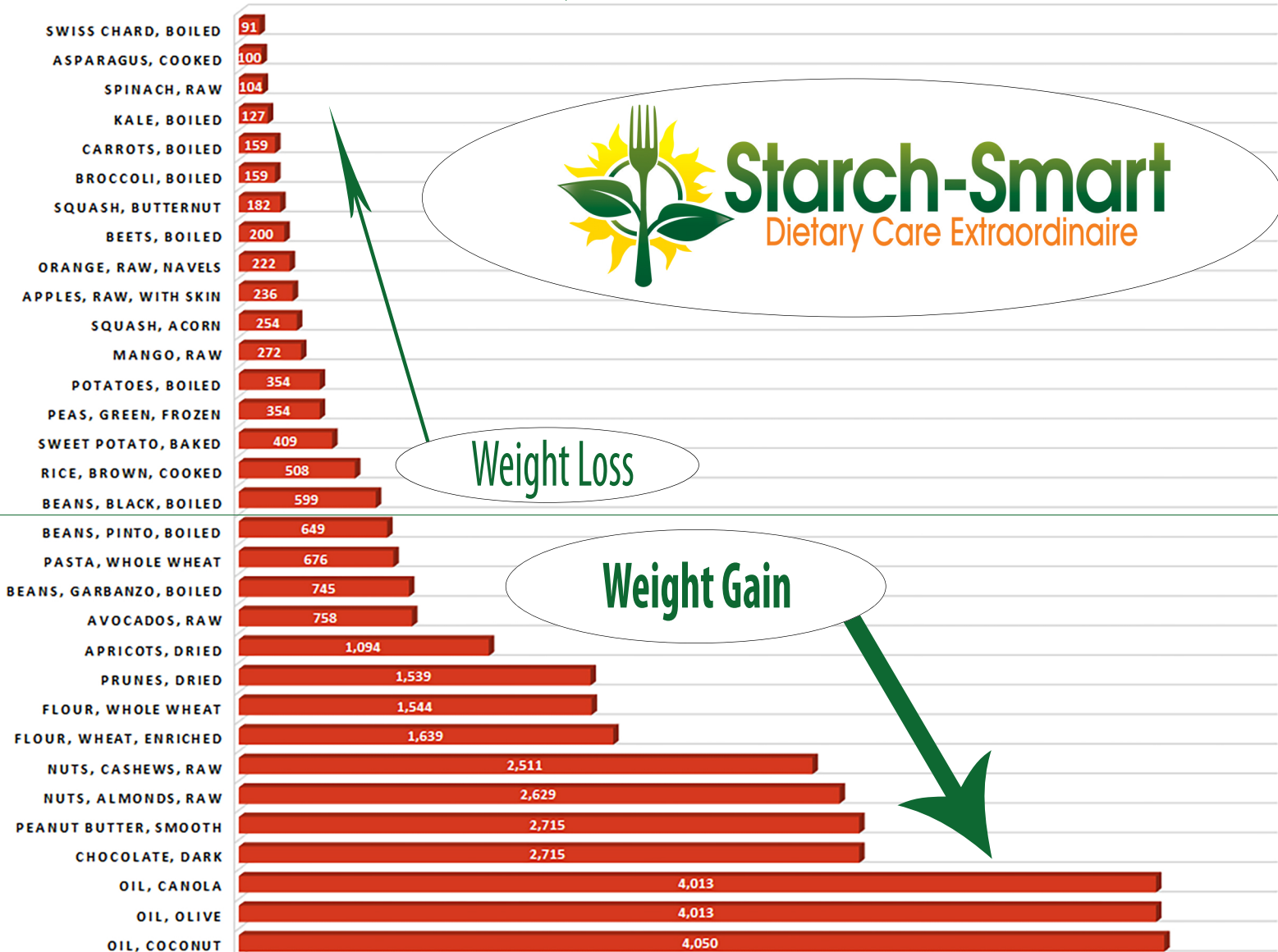


# Eat to Gain Vitality and Look Your Best



Average Intake Less Than 600 Calories Per Pound of Food Assists Weight Loss  
Calorie Concentrations Calculated from USDA Database