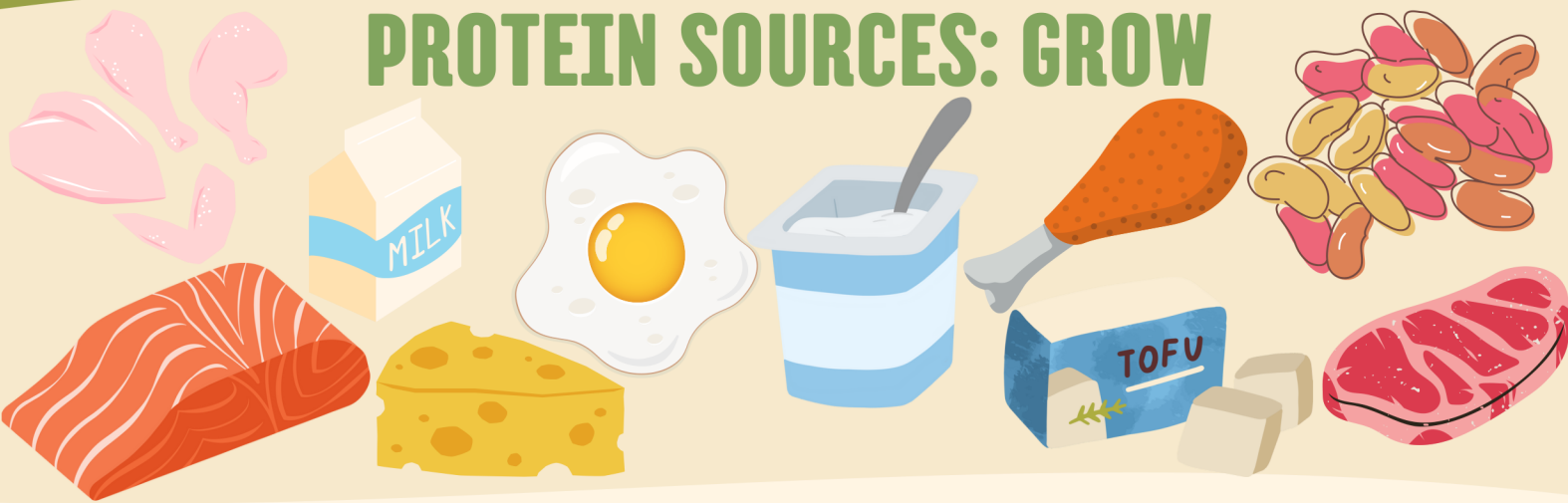


# BALANCED NUTRITION

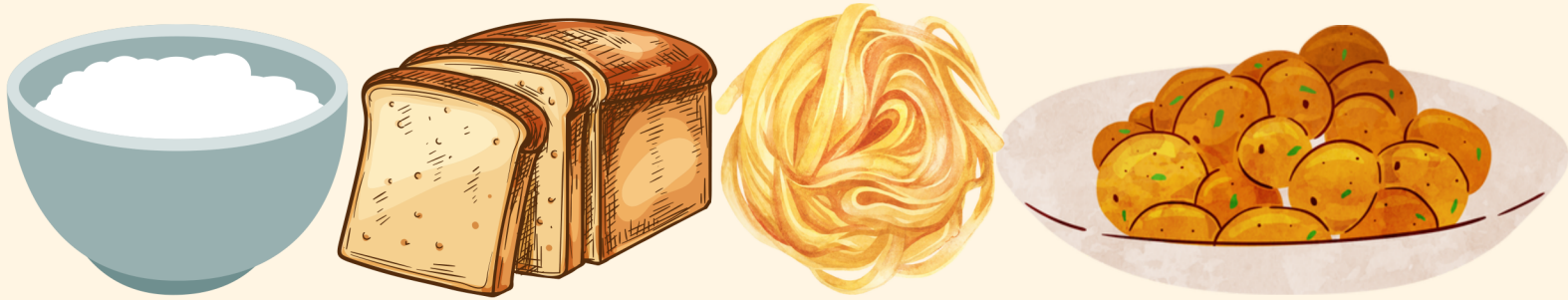


SEEAG'S YOUTH WELLNESS INITIATIVE

## PROTEIN SOURCES: GROW



## CARB SOURCES: GO



## FAT SOURCES



## FRUITS: GLOW (VITAMINS/MINERALS)



## VEGETABLES: GLOW (VITAMINS/MINERALS)

## WATER SOURCES (HYDRATION)

