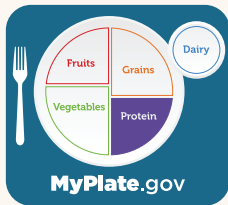


Choose Lean Meat

CHICKEN IS A GREAT CHOICE!

Chicken is high in protein and Vitamin B and low in saturated fat.



Evidence-based health material brought to you by Nebraska Extension.