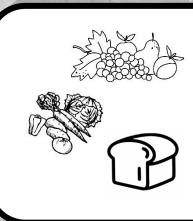
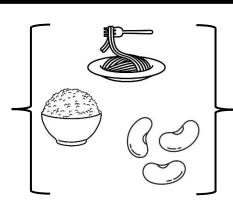
## AFA NUTRITION GUIDE 4 GOOD | OKAY | POOR

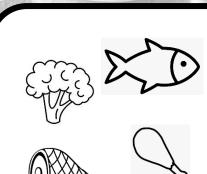
C A R B

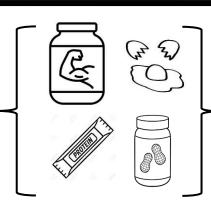


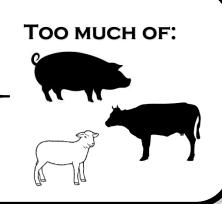




PROTEIN







F A T



