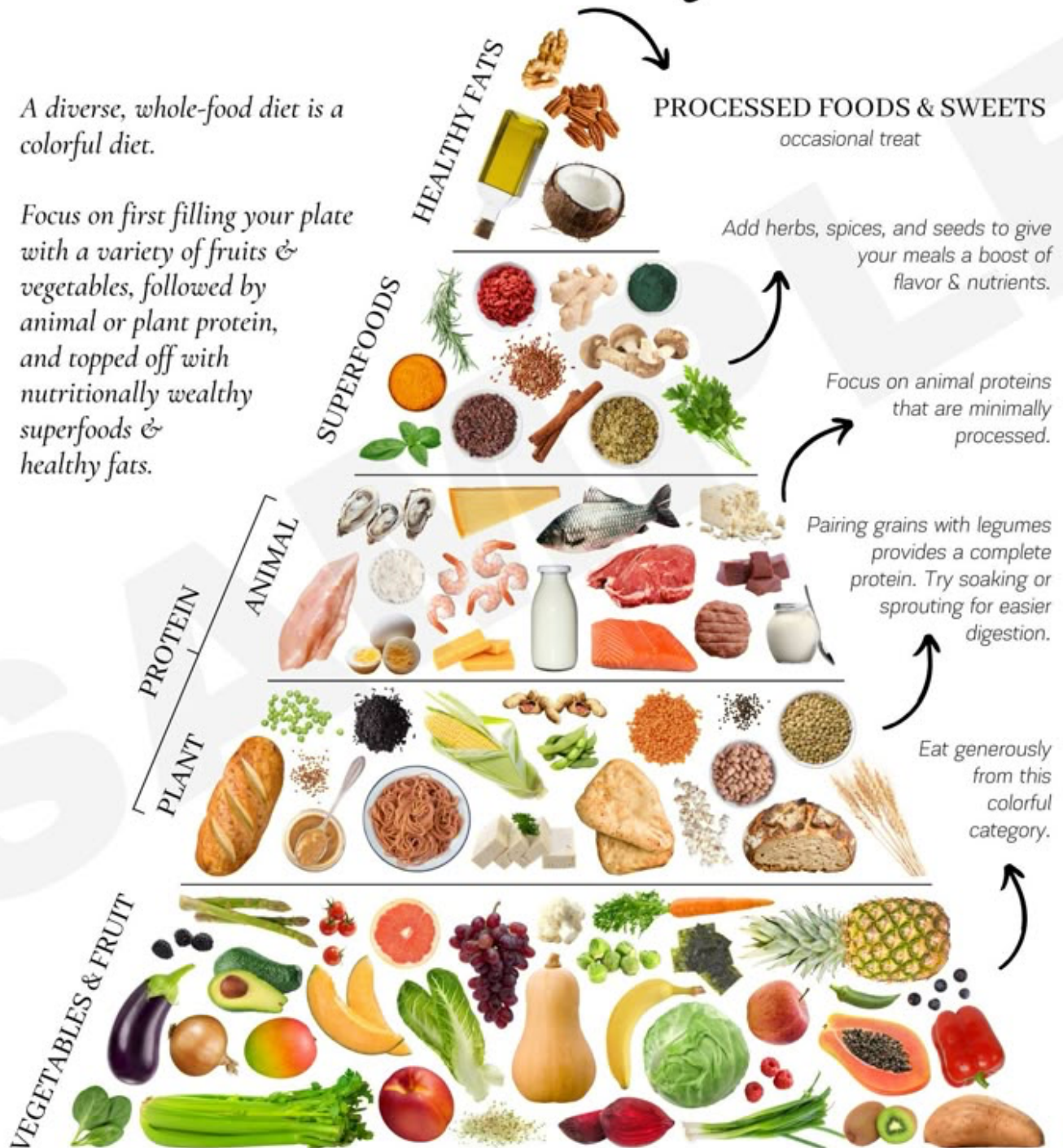


Whole Food Pyramid

A diverse, whole-food diet is a colorful diet.

Focus on first filling your plate with a variety of fruits & vegetables, followed by animal or plant protein, and topped off with nutritionally wealthy superfoods & healthy fats.



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