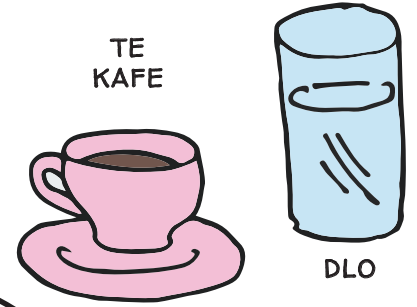
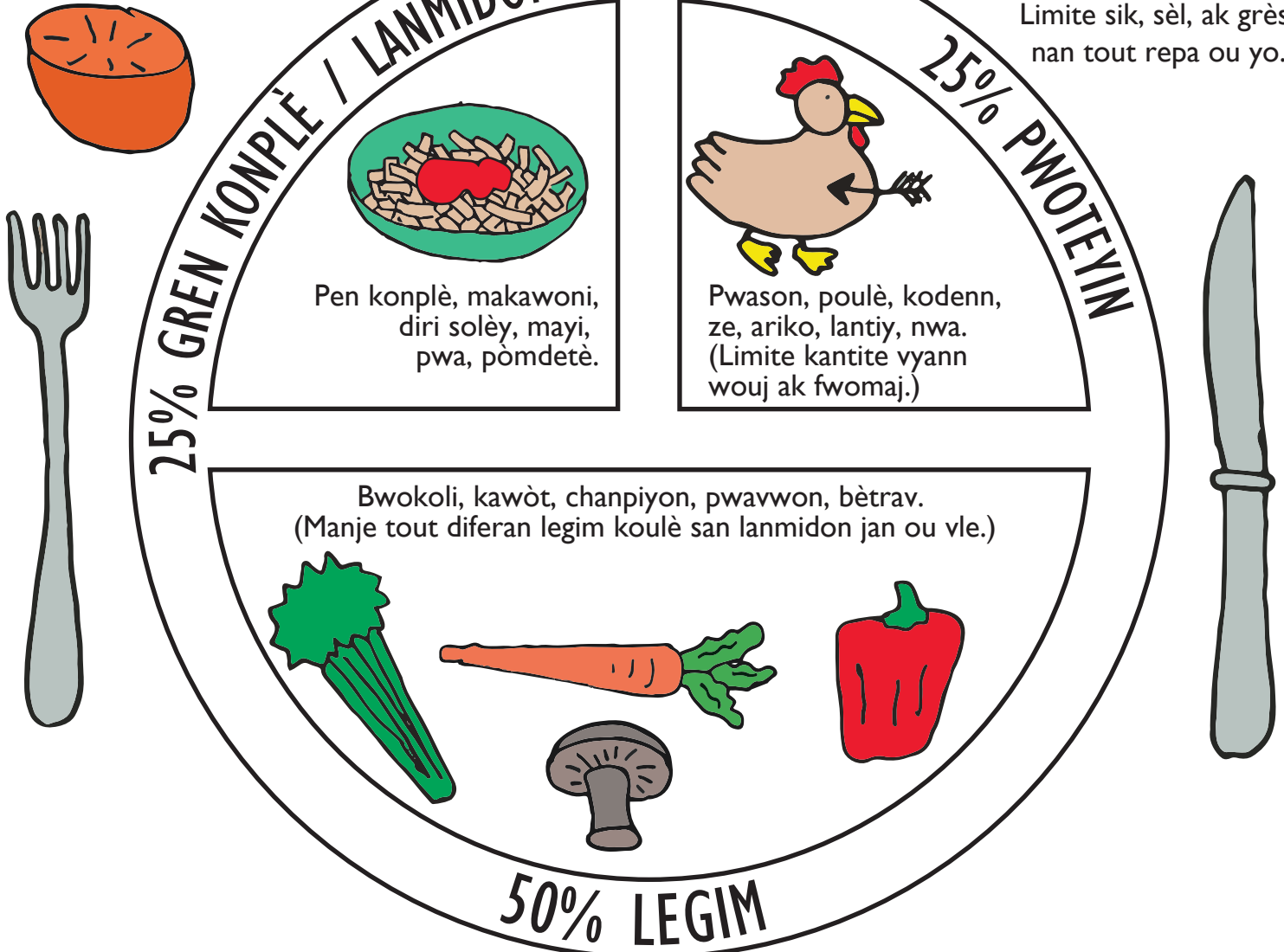


PLAT MANJE KI BON

Manje ti kantite fwi
3 a 4 fwa pa jou.



Limite sik, sèl, ak grès
nan tout repa ou yo.



Kadanse
toulèjou !



Sèvi avèk lwil ki bon.
(Limite kantite
bè w ap pran.)