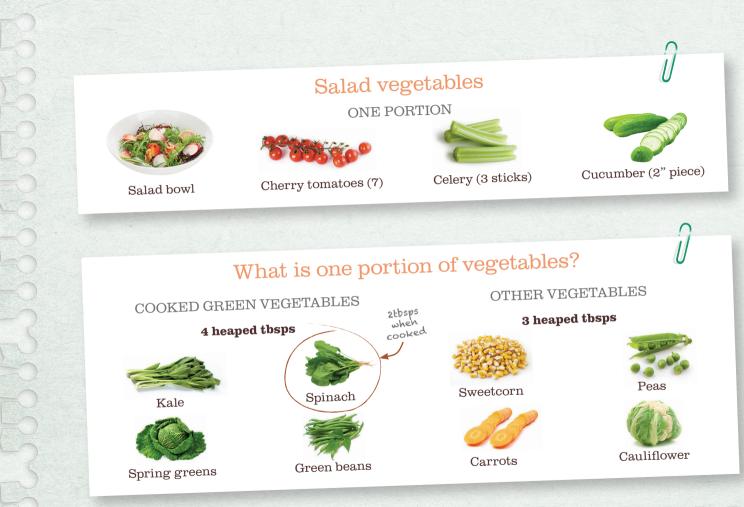


Section 4 Reference Guides



The Fresh Food Route to Healthy Living ... a guide