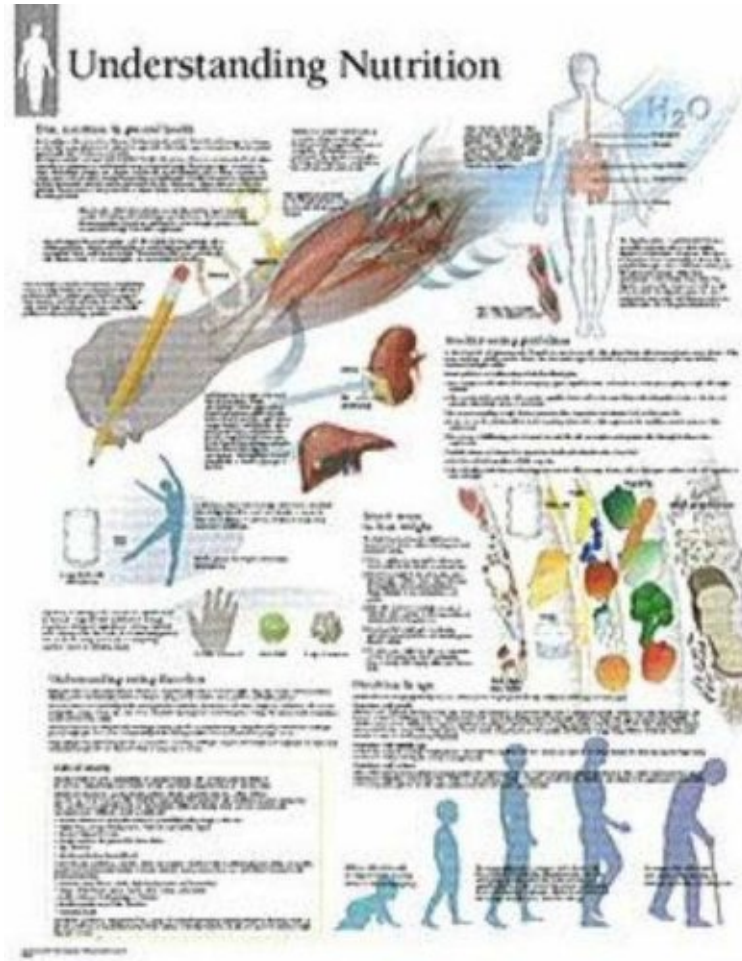


Understanding Nutrition chart: Laminated Wall Chart

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The Understanding Nutrition chart takes a look at the basics of nutrition. The roles of water, carbohydrates, proteins, fat, minerals and vitamins are explored. Portion estimation is presented in a graphic format, as are the food groups. Heavy gauge 3ml lamination with sealed edges and two metal eyelets for hanging makes chart highly durable. Write-

on/wipe-off with dry erase marker (not included).