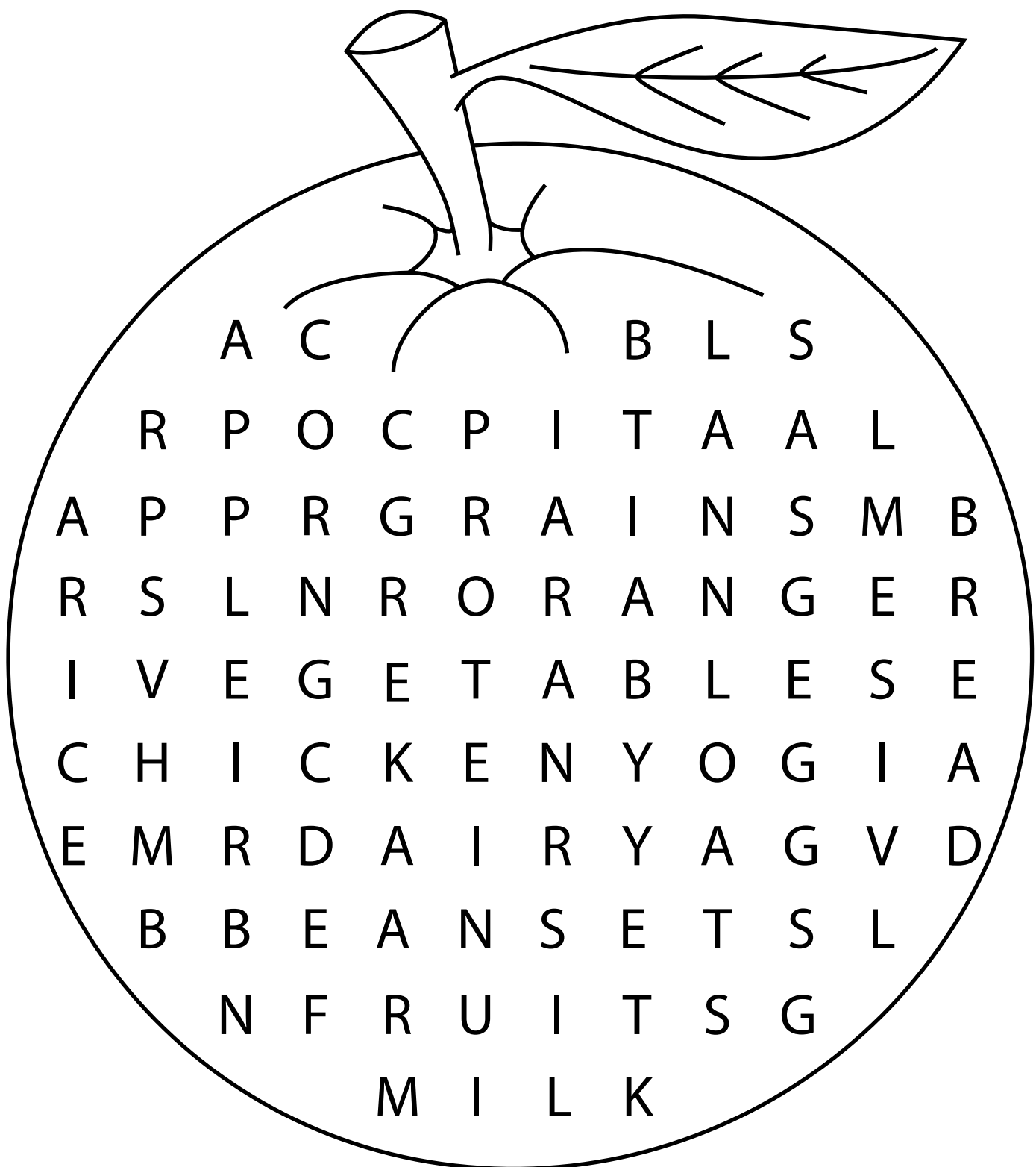


# Brush Twice-a-Day Challenge



VEGETABLES FRUIT PROTEIN DAIRY GRAINS  
ORANGE BREAD MILK CHICKEN APPLE PITA  
BEANS EGGS OATS CORN RICE