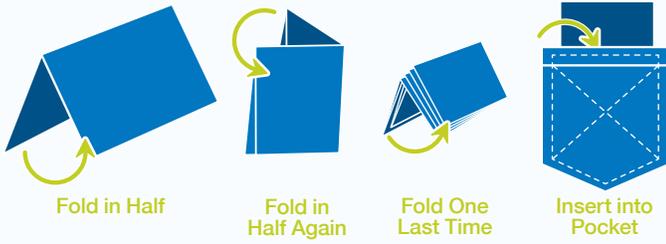


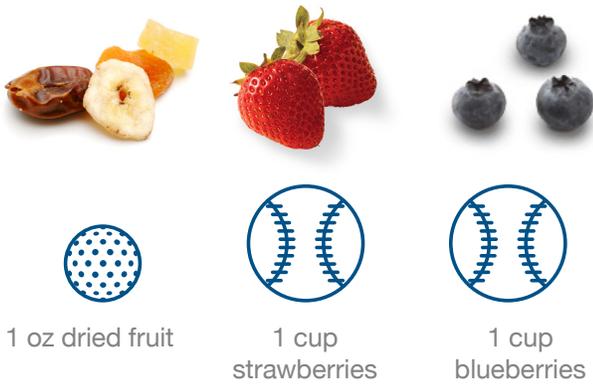
Folding Instructions



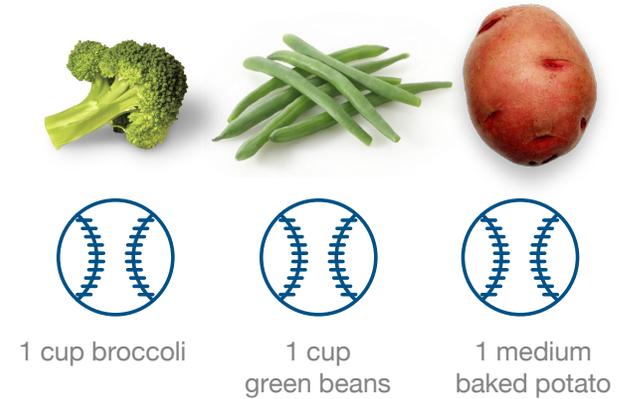
Visualization Key



Fruits



Veggies



Dairy



Meat, Nuts and Beans



Fats and Oils



Grains

