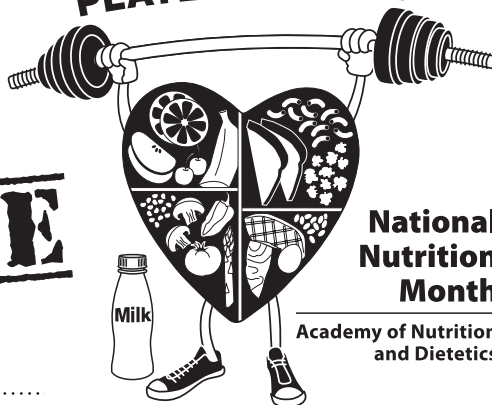


GET YOUR PLATE IN SHAPE



National Nutrition Month®

Academy of Nutrition and Dietetics

# Decode the SECRET MESSAGE

CODE:

A



C



E



H



K



L



N



S



T



Y

