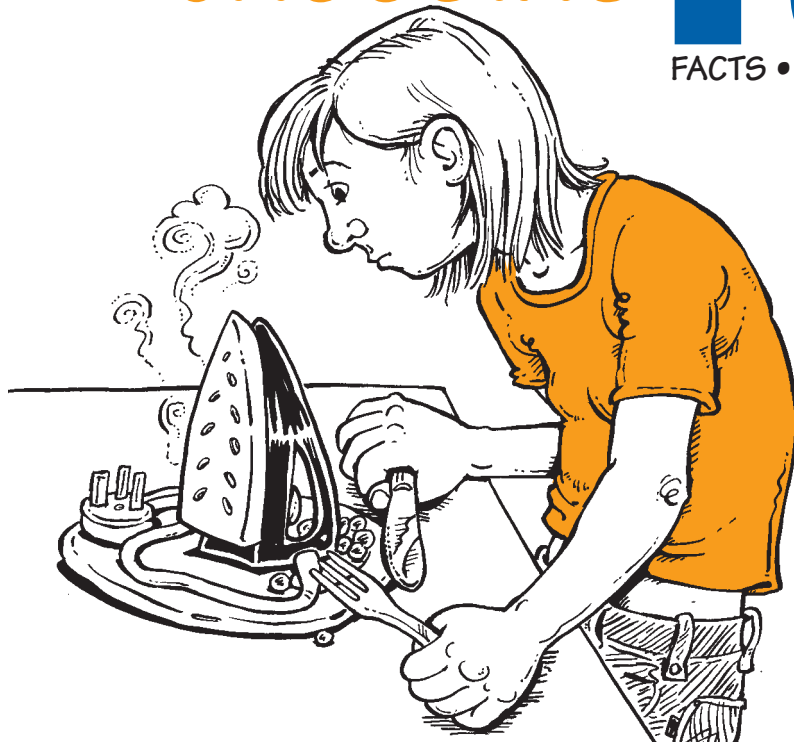


# CHOOSING FOOD

FACTS • FOLKLORE • FALLACIES & FIBS



“Eat  
your  
meat-it’s  
got iron  
in it”

Who told you this and is it true?