

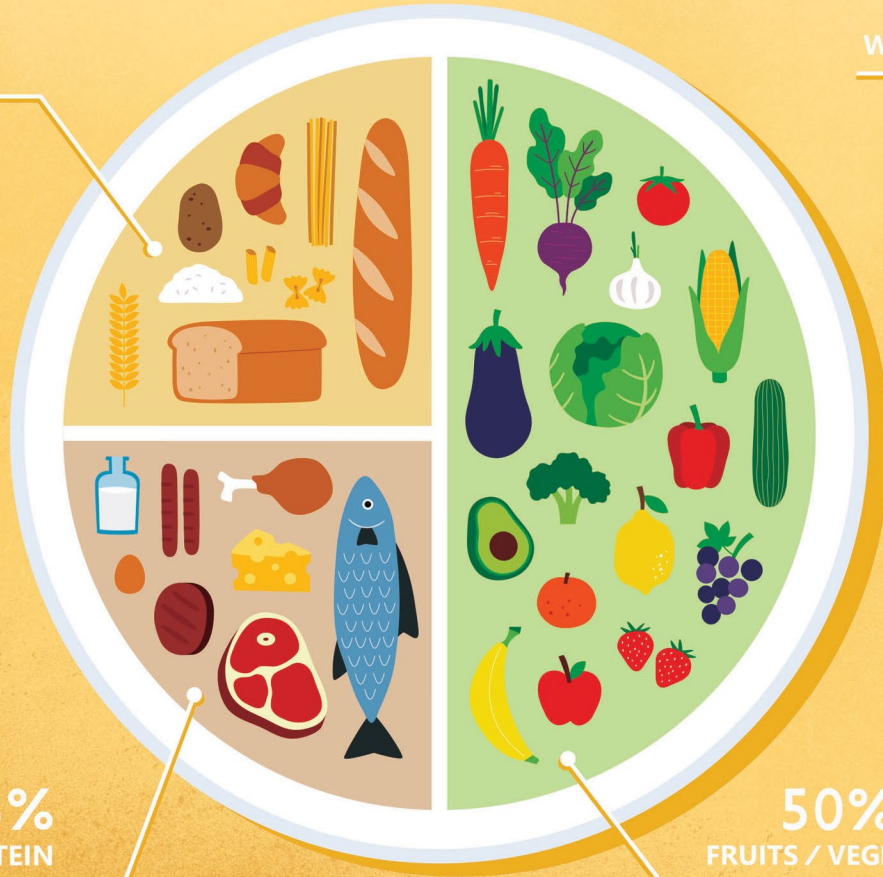
EMPLOYEE ASSISTANCE PROGRAM

# EAT REAL FOOD

Incorporate real, whole, single-ingredient and unprocessed foods into your day to improve your health, fight off depression, manage your weight and give you energy.

25%  
CARBOHYDRATES

WATER



25%  
PROTEIN

50%  
FRUITS / VEGETABLES