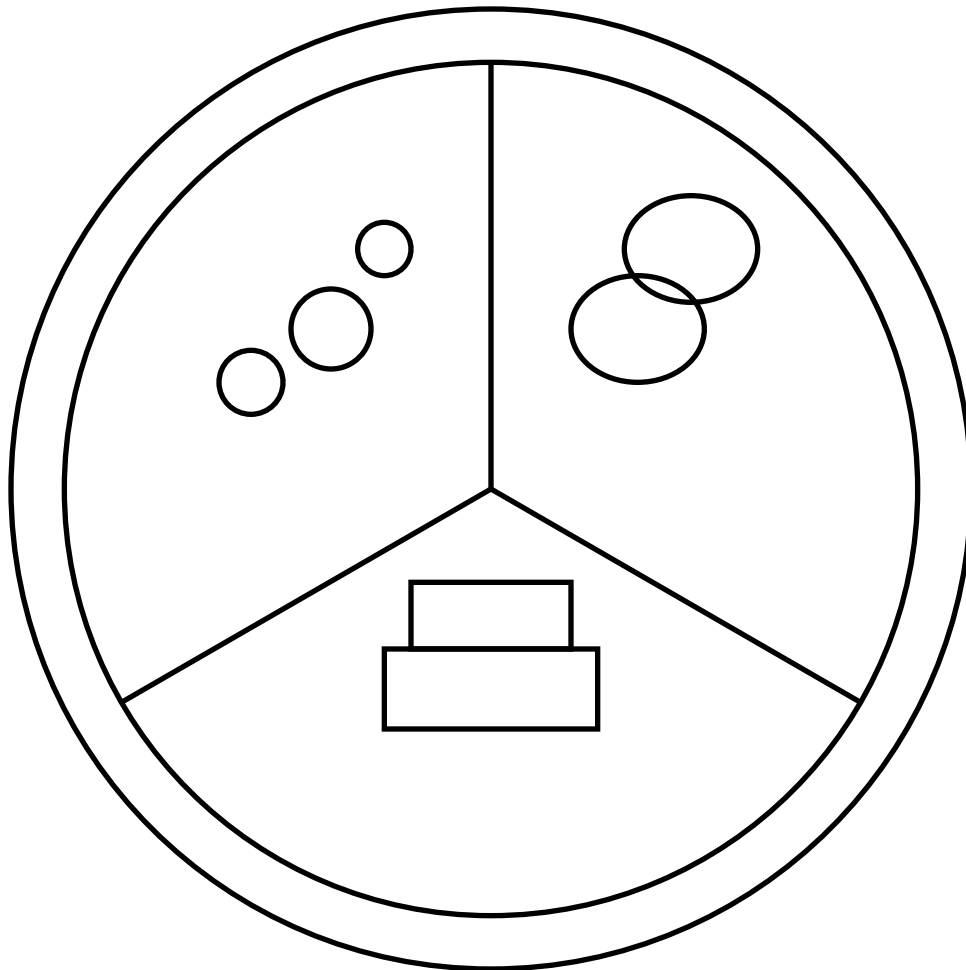


My Safe Plate

From Maya Krishnan's food allergy books | Color me!



Build a safe, balanced plate!