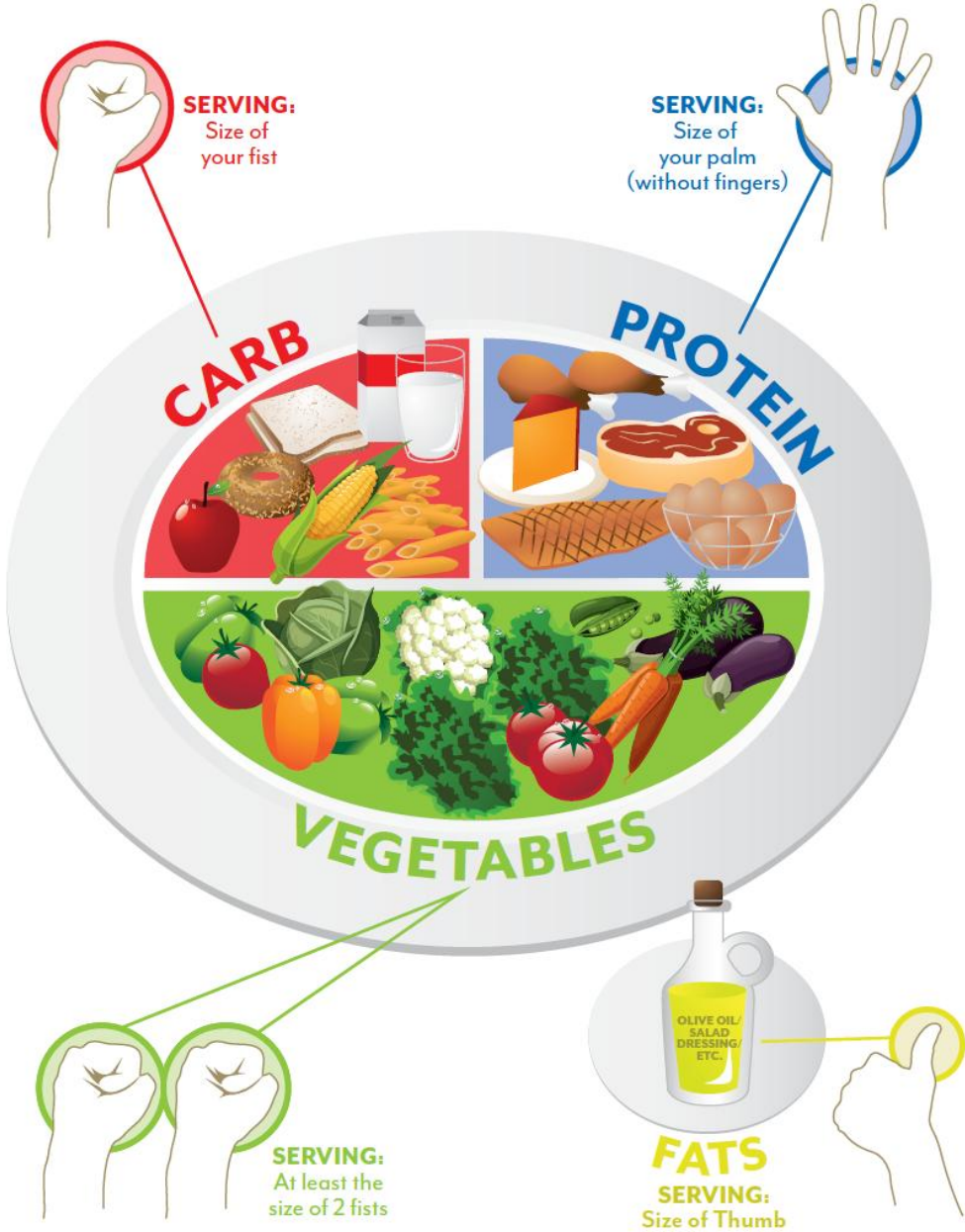


Appendix A. The Plate of LIFE used in the Lifestyle Improvement through Food and Exercise (LIFE) Intervention. (Include on web as supplementary material but not in print.)

Plate of LIFE



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