



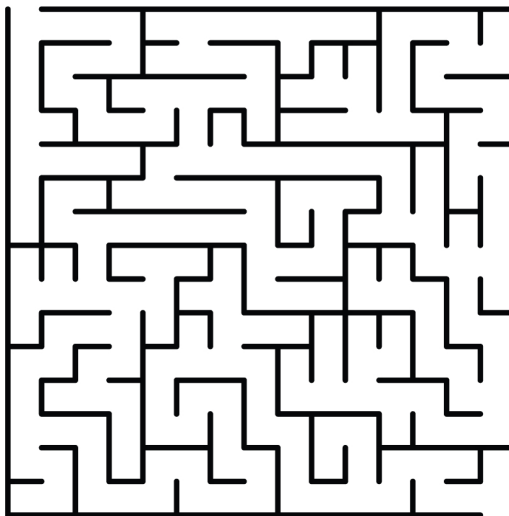
This approach to eating is usually low in saturated fat and high in fiber, potentially reducing the risk of many diseases.

Answer: Vegetarian

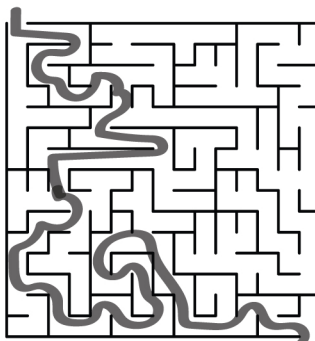
Maze Craze

Can you find your way through the maze?

START



FINISH



THIS DAY IN HISTORY



1682: Philadelphia is founded in the Commonwealth of Pennsylvania.

1810: The United States annexes the former Spanish colony of West Florida.

1961: NASA tests the first Saturn I rocket in Mission Saturn-Apollo 1.



TOFU

curd made from mashed soybeans



English: Broccoli
Spanish: Brócoli
Italian: Broccoli
French: Brocoli
German: Brokkoli



People who adhere to a vegetarian diet never eat meat. They rely on plant-based foods for health.



Can you guess what the bigger picture is?

Answer: Artichokes