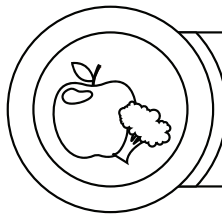




Hi, I'm Diego.

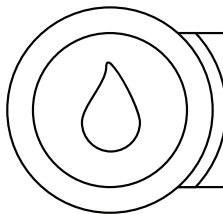
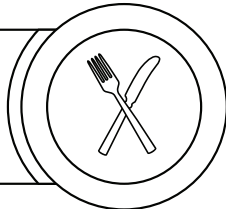
I'm a CHEF Graduate

and I choose to lead a
CHEF-Approved lifestyle,
which means...



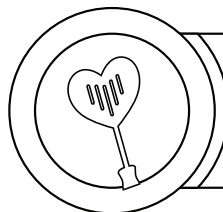
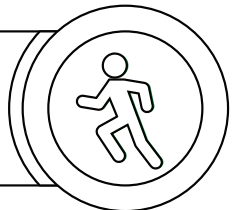
I fill half my plate with colorful
fruits and vegetables at every meal.

I eat a healthy breakfast each day.



I drink plenty of water
and avoid sugary drinks.

I sit less and move more.



I cook and eat at home at
least five times a week.