

***I Know...***

*...the difference between good fat and bad fat.*

*...about two kinds of vegetarianism.*

*...what vitamin B6 does.*

*...what my BMI is.*

*...how to  
eat right!*

***I Know because of...***

**girlshealth.gov**  
Be Healthy. Be Happy. Be You. Beautiful.



U.S. Department of Health and Human Services,  
Office on Women's Health

