



**HEALTHYHEART**

বেশি করে হোল-গ্রেইন  
জাতীয় খাবার খান

**EAT MORE  
WHOLE GRAINS**

সাদা ভাতের পরিবর্তে  
ব্রাউন রাইস খান  
CHOOSE **BROWN RICE**  
INSTEAD OF **WHITE RICE**



 **HEALTHY HEART**  
HEALTHY COMMUNITY  
#reachfar

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HHHC Dangler 2

Trim size: 4" x 4"

CMYK

Die line is in magenta on a separate layer