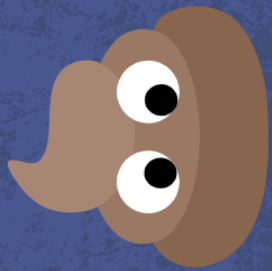
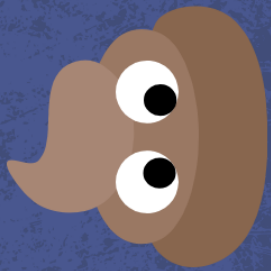


“P” FOODS
TO HELP
POOP



“P” FOODS TO HELP POOP



PEAR



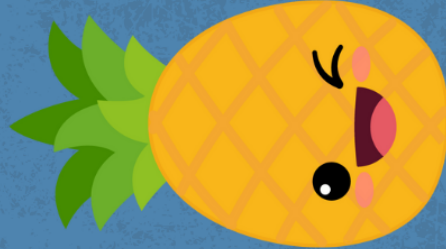
PRUNES



PAPAYA



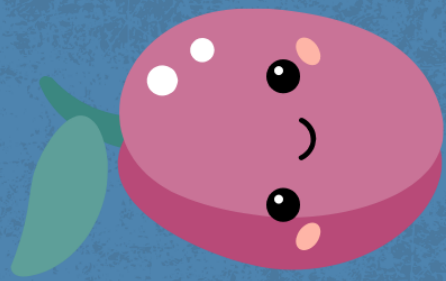
PEACHES



PINEAPPLE



PUMPKIN



PLUMS

Text