



SQUARE MEAL INVESTING BENEFITS

Food Groups Benefits

Each Food Group Provides Key Nutritional Benefits

FRUIT

Reduces Risk for Heart Disease
Helps Protect Against Cancers
Lowers Blood Pressure

DAIRY

Improves Bone Health
Reduces Risk of Osteoporosis
Reduces Risk of Cardiovascular Disease

GRAINS

Helps with Weight Management
Reduces Risk of Heart Disease
Important Source of Nutrients

VEGETABLES

Reduces Risk of Developing Kidney Stones
Helps Decrease Bone Loss
Reduces Risk for Heart Disease

PROTEIN

Building Blocks for Bones, Muscles, and Skin
Helps Release Energy into Your Body
Strengthens Bone and Muscle

Asset Class Benefits

Each Asset Class Provides Key Portfolio Benefits

US STOCKS

Potential Growth From US Economy
Long-term Capital Appreciation Potential
Dividend Yield Opportunities

US FIXED INCOME

Risk Management
Potential for Stable Income Yield

FOREIGN STOCKS

Potential Growth From Foreign Economies
Currency Diversification
Dividend Yield

FOREIGN FIXED INCOME

Currency Diversification
Diversification From US Interest Rate Environment
Added Income Potential

HARD ASSETS

Low Correlation to Other Asset Classes
Inflation Protection

HYBRIDS

Reduced Risk Relative to Equities
Diversified Yield Source Opportunities





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