

A horizontal collage of various healthy food items arranged on a white wooden surface. From left to right, the items include: a piece of dark chocolate, several almonds, a halved tomato showing its seeds, a head of purple cabbage, a bunch of dark leafy greens, a small wooden bowl filled with quinoa, a burlap sack overflowing with almonds, and a piece of cooked salmon garnished with a sprig of rosemary. The background is a light-colored wooden plank surface.