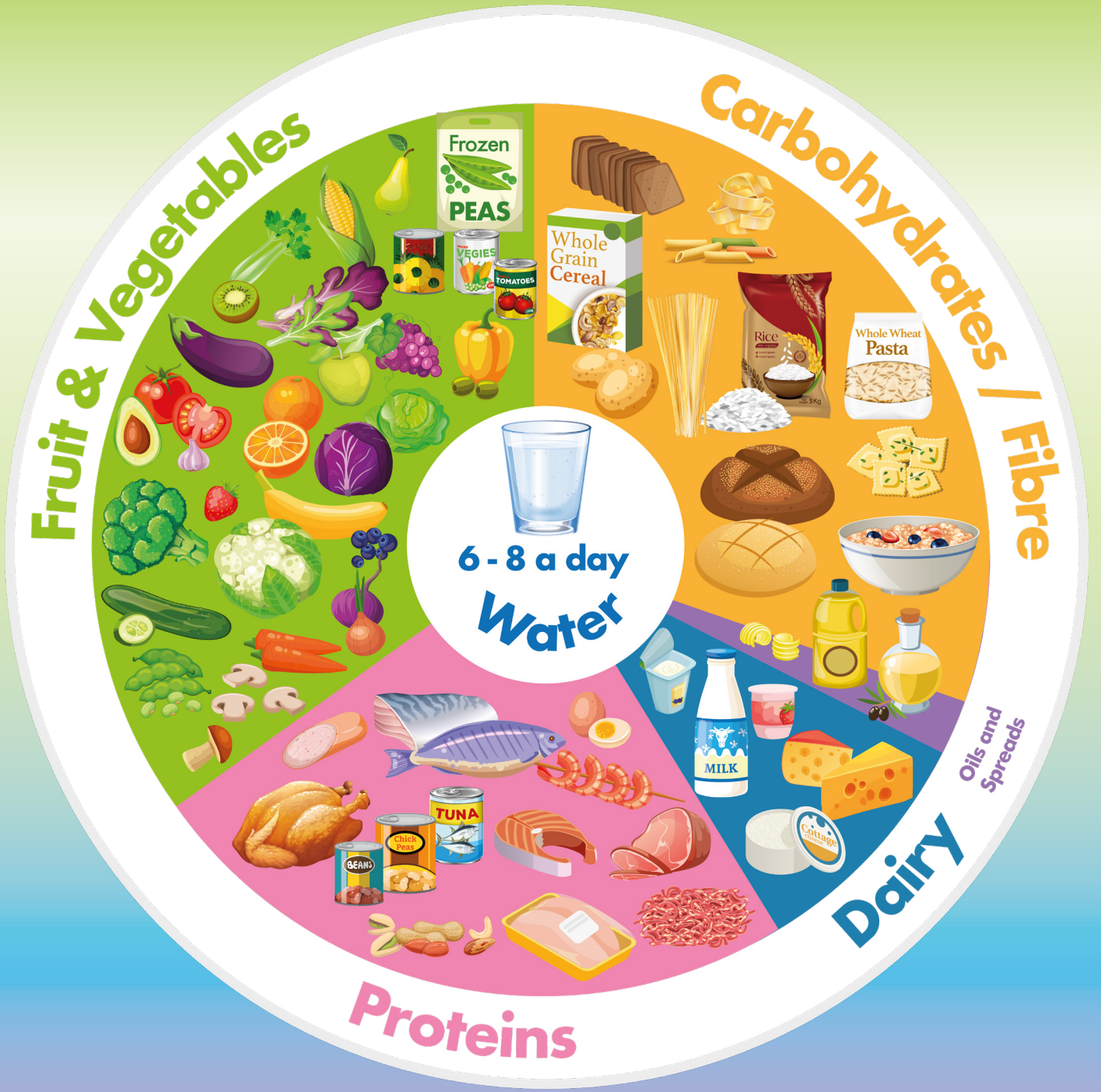


Eatwell Guide



Eat less often & in smaller amounts

