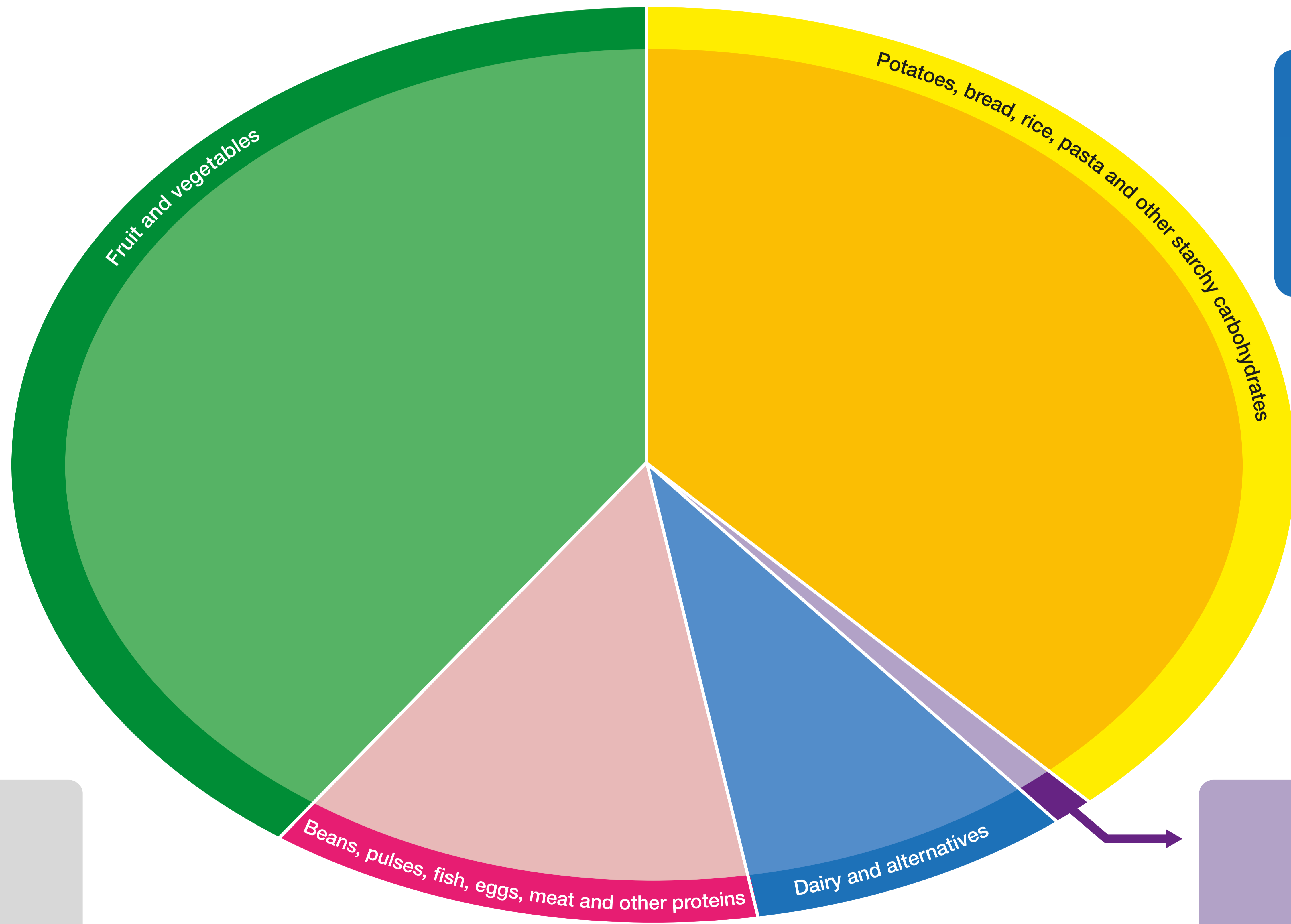


Eatwell Guide



Eat less often and
in small amounts

Oil & spreads