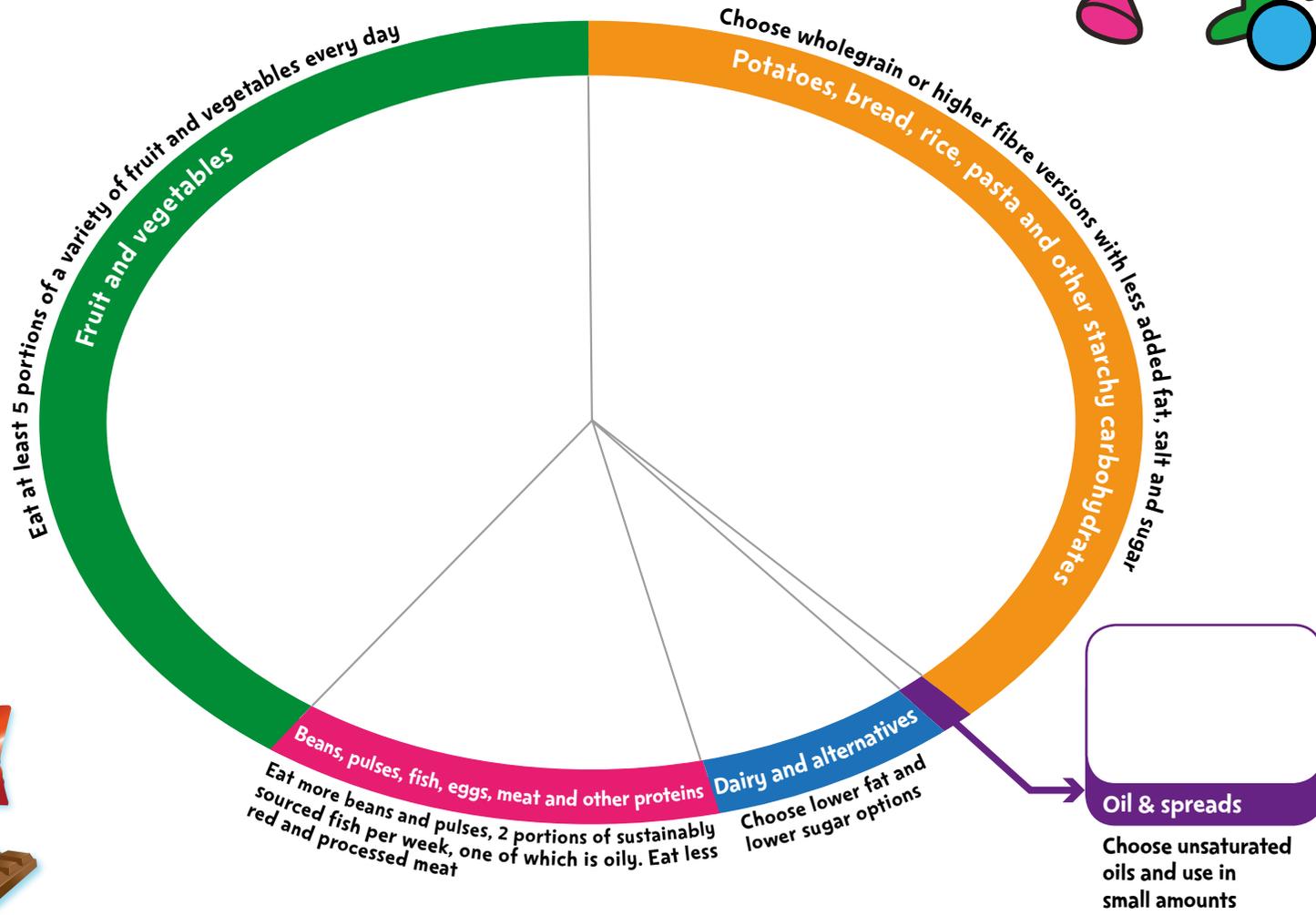
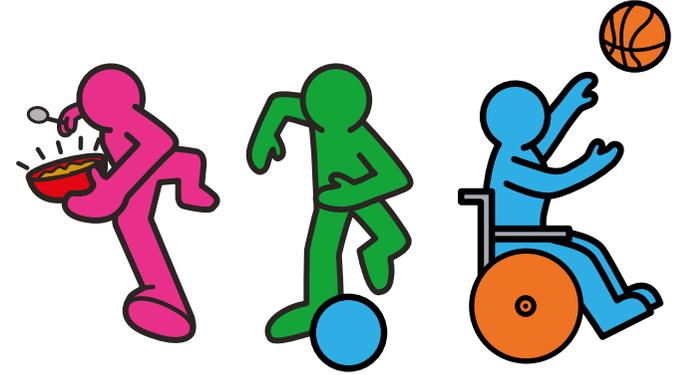


# Eatwell Guide

Fill in this Eatwell Guide with the healthy food that you like to eat.



Eat less often and in small amounts