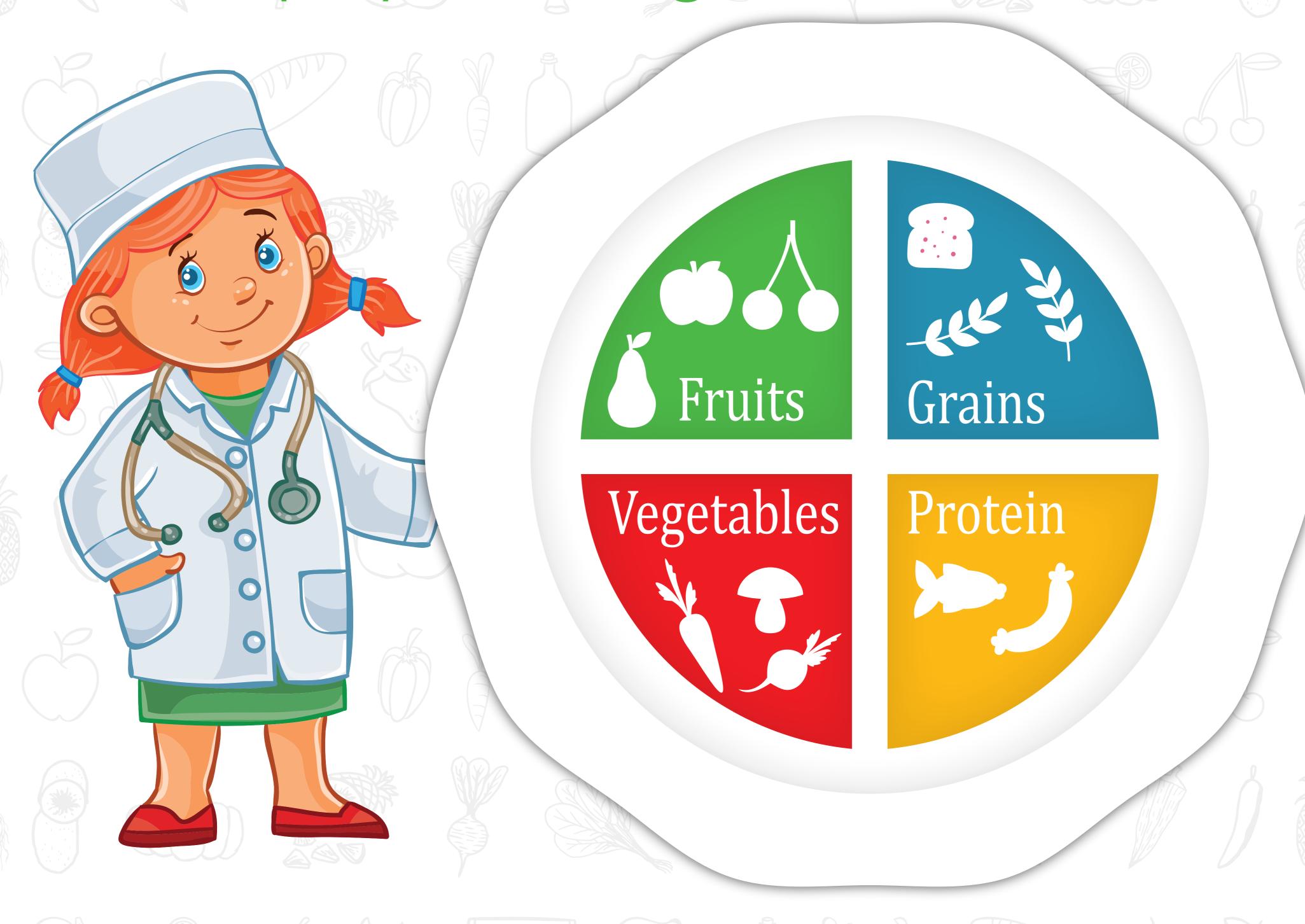


ACCOLOURFUL PLATE

that helps you eat great.



EASY TO DO:

Eat on time

Never skip a meal

Drink 1.5 to 2 litres of water everyday

Exercise for 30-minutes daily

TRY TO SAY NO TO:

Fried foods

Sweets and chocolates

Sugary drinks

Cakes and biscuits

So, does your plate have those 4 colours on it?