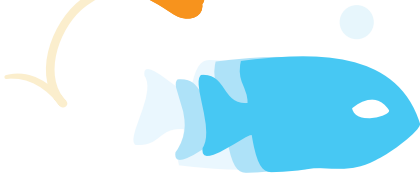
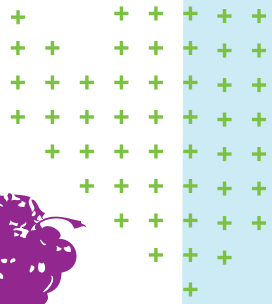


TIP 3

WAYS TO EAT HEALTHIER



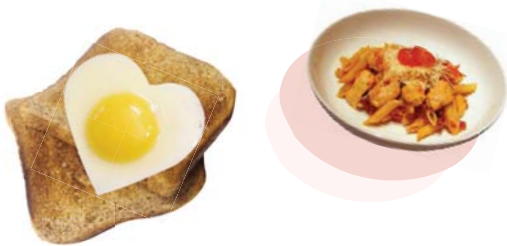
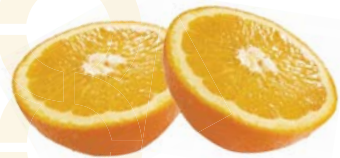
1 serve of lean meat, poultry, fish, egg or other protein per day



2 pieces of fruit per day



6 serves of grains per day - including breads, cereals, rice, pasta



3 cups of milk or yoghurt per day



5 serves of veggies per day



4 large glasses of water per day

