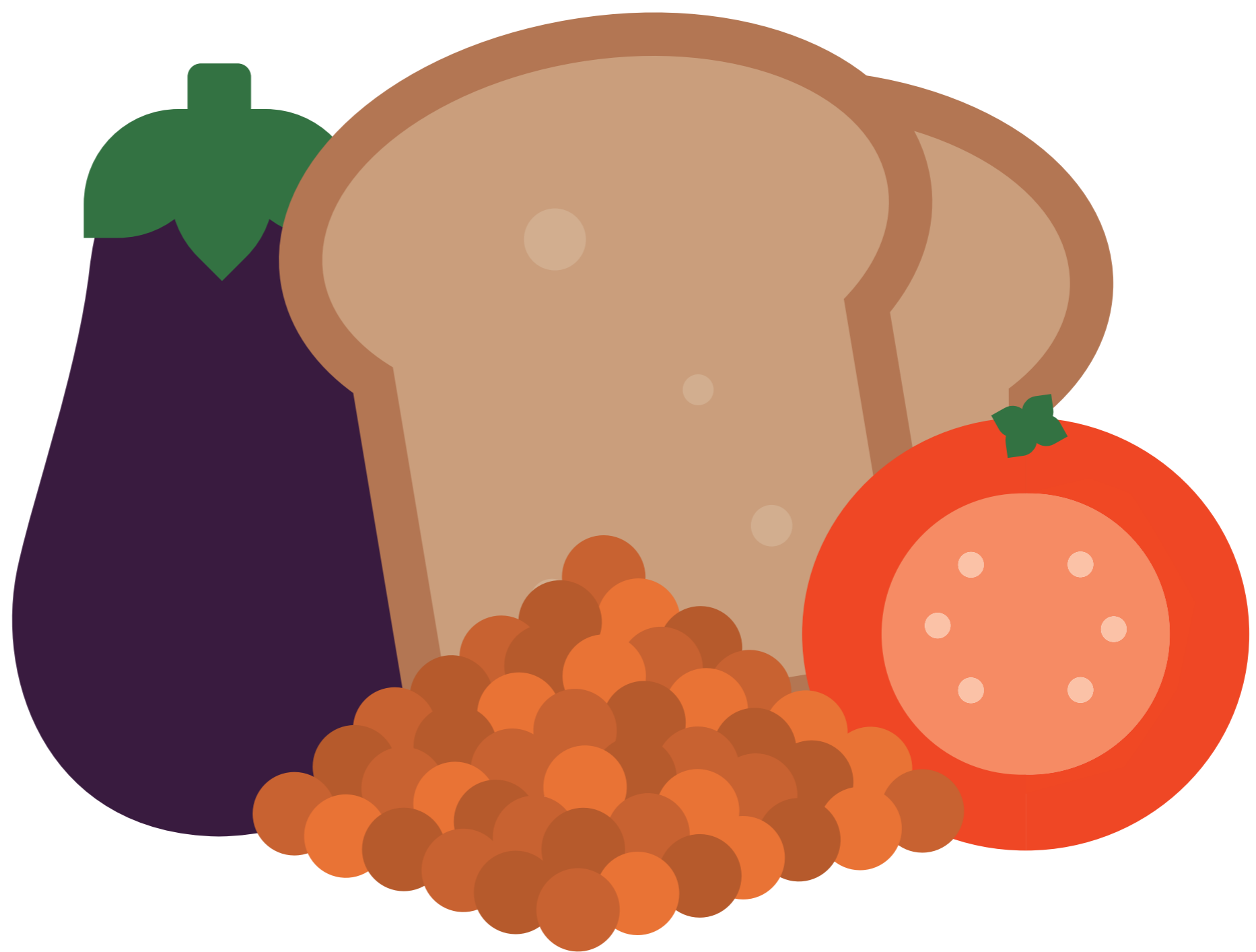


Bwyteuoch yn gall er eich lles chi a lles ein planed.

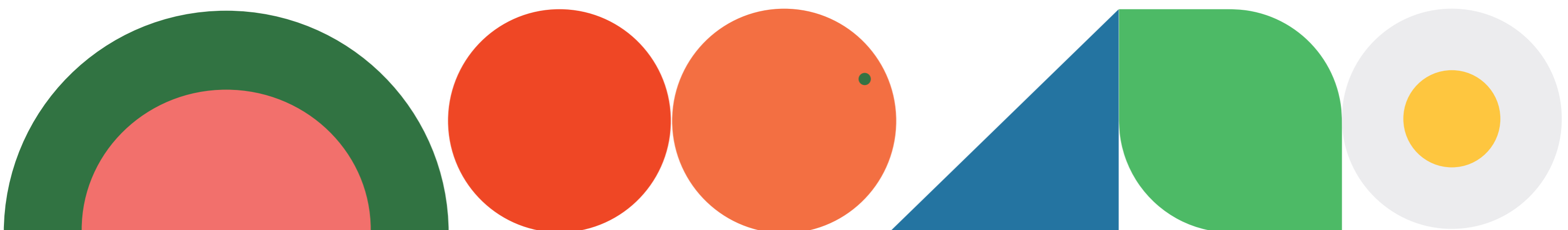
Cofiwch eich ffibr!



**Mae'n syniad da
cynnwys ffibr mewn prydiau
bwyd ac mewn byr-brydiau.**

Beth am fwy o fwydydd grawn cyflawn,
ffrwythau a llysiau, ffa, pys a chorbys?

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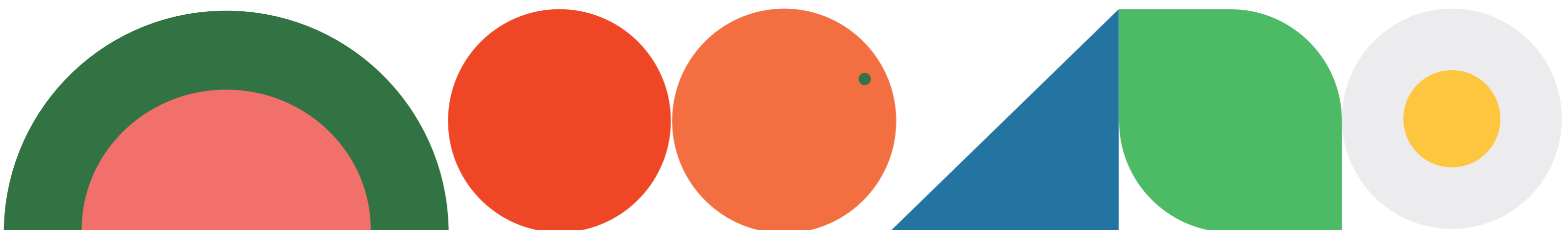
Cofiwch fwyta o leiaf 5 y dydd!



Rhowch ddigonedd ar eich plât.

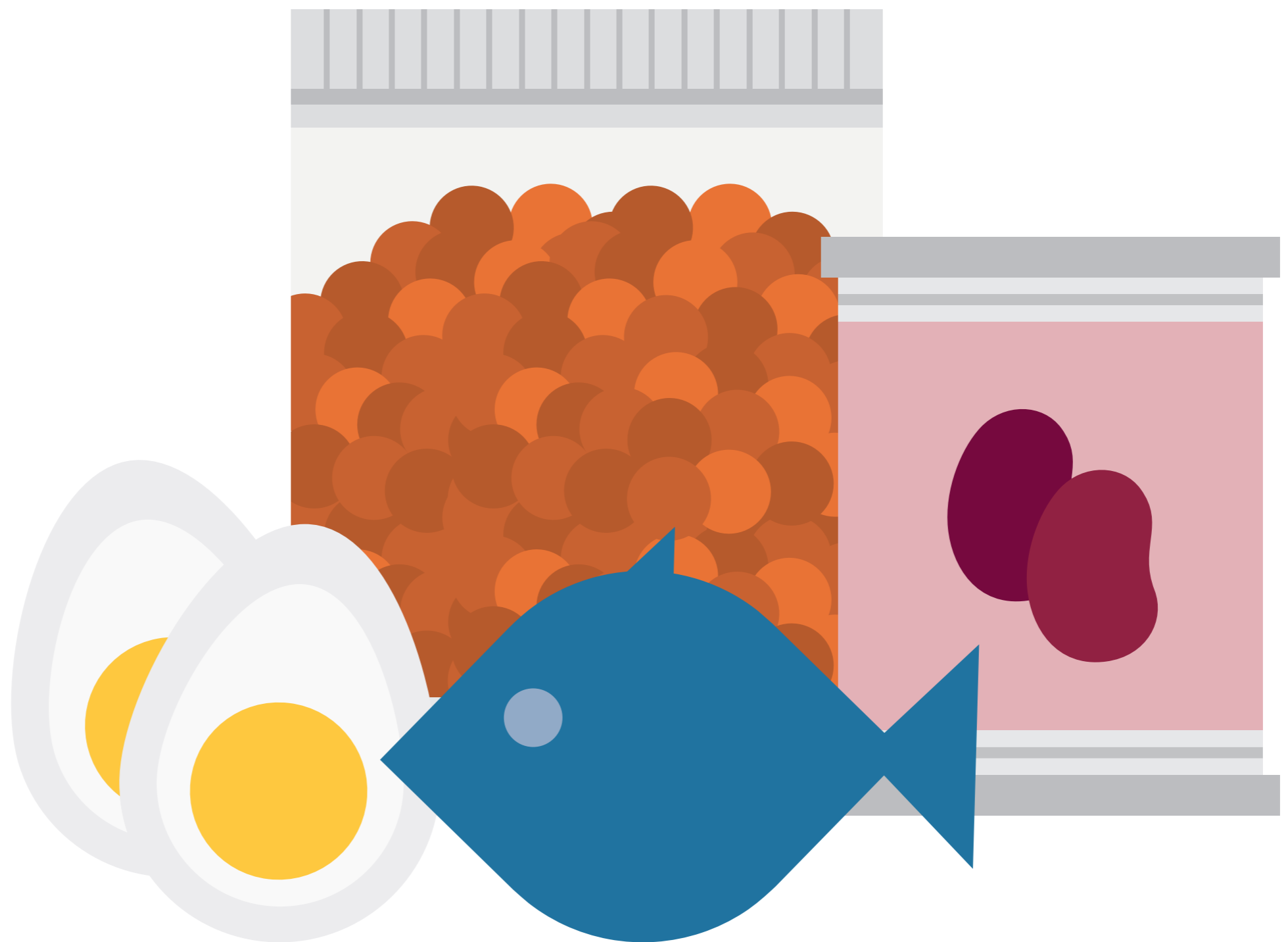
Bwyteuoch amrywiaeth o ffrwythau a llysiau.
Anelwch am 5 darn y dydd!

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Bwyteuwch yn gall er eich lles chi a lles ein planed.

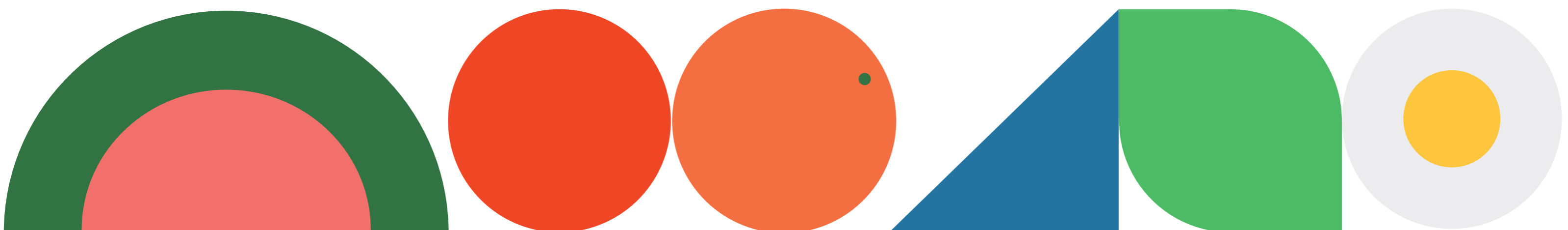
Amrywiwch eich protein.



Byddwch yn greadigol!

Bwyteuwch amrywiaeth eang o brotein a dewiswch ffynonellau sy'n deillio o blanhigion, yn aml.

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Bwytewch yn gall er eich lles chi a lles ein planed.

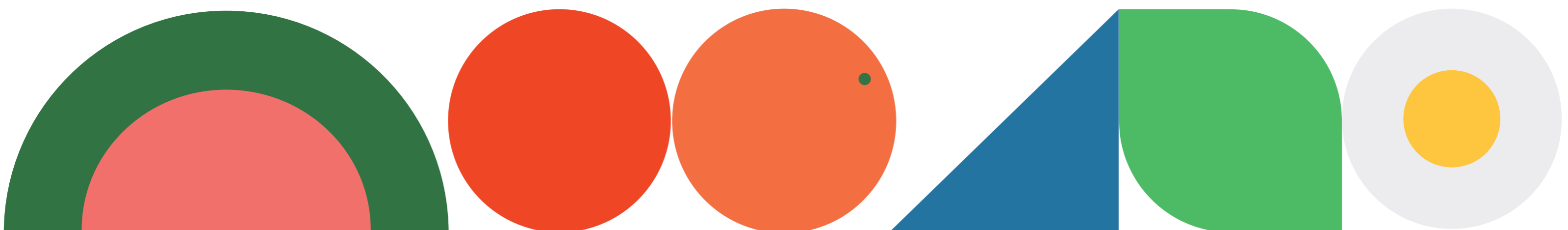
Hydradwch eich corff!



Llenwch botel gyda dŵr o'r tap.

Yfwch tua 6-8 diod y dydd a dewiswch gynwysyddion aml-ddefnydd.

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Bwyteuoch yn gall er eich lles chi a lles ein planed.

Lleihewch eich gwasttraff bwyd.



Byddwch yn ymwybodol o faint eich dognau.

Wrth i chi siopa, coginio a bwyta, anelwch
am feintiau synhwyrol, er mwyn osgoi gwasttraff.

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