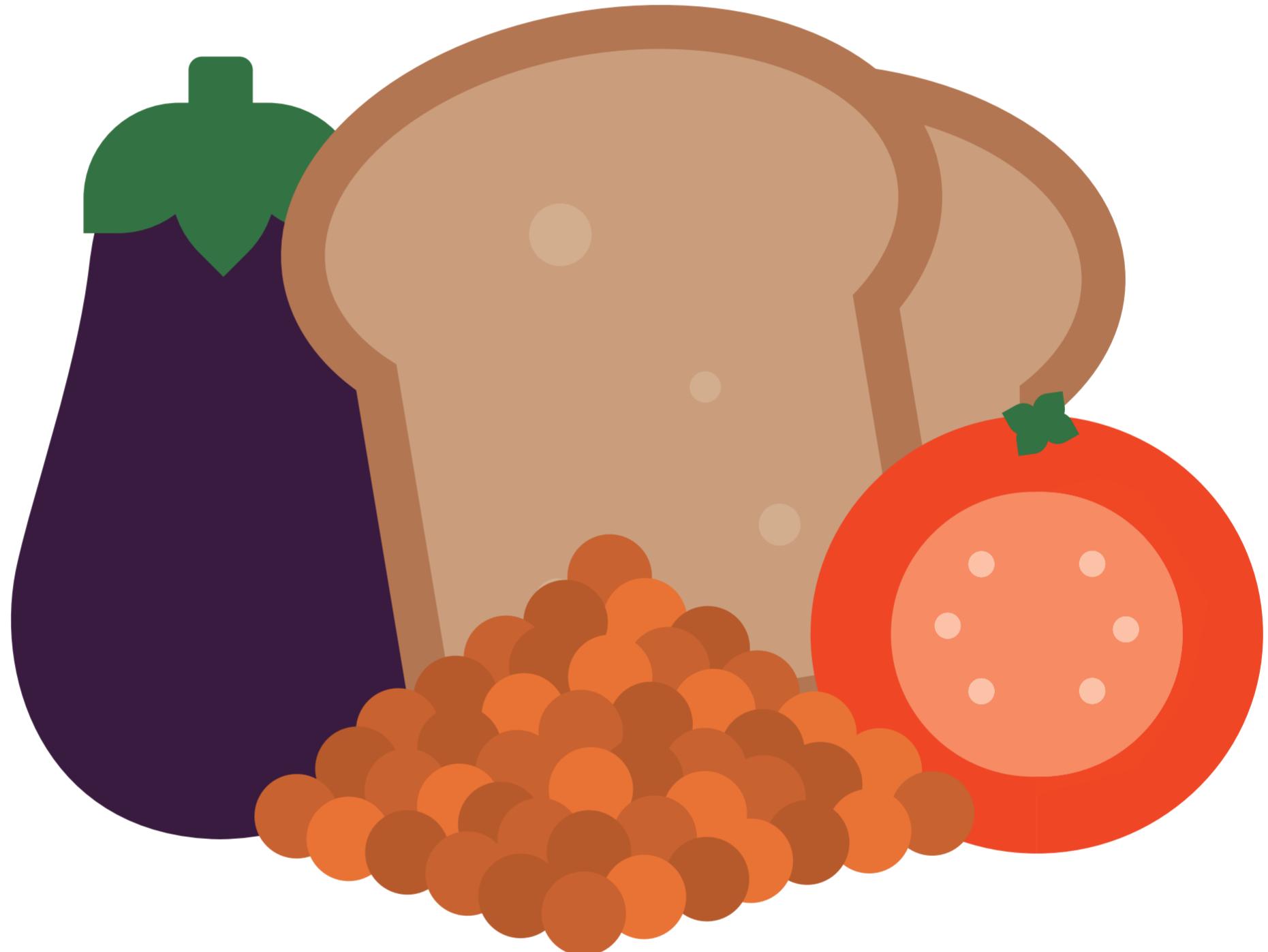


Bwytewch yn gall er eich lles chi a lles ein planed.

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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