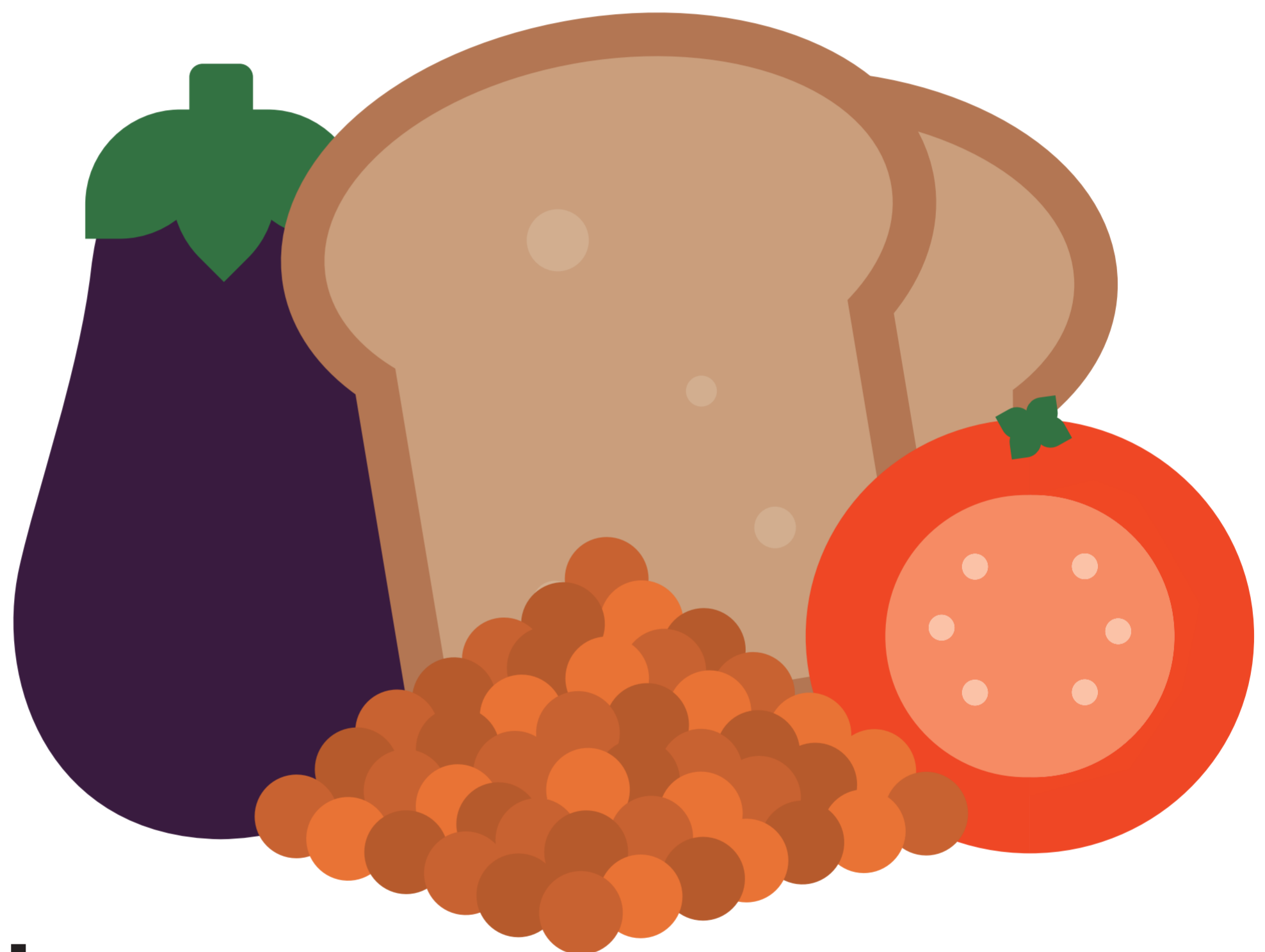


Eat well for you and the planet!

# Focus on fibre



## For meals and snacks

Have more wholegrain foods, fruit and vegetables, beans, peas and lentils

