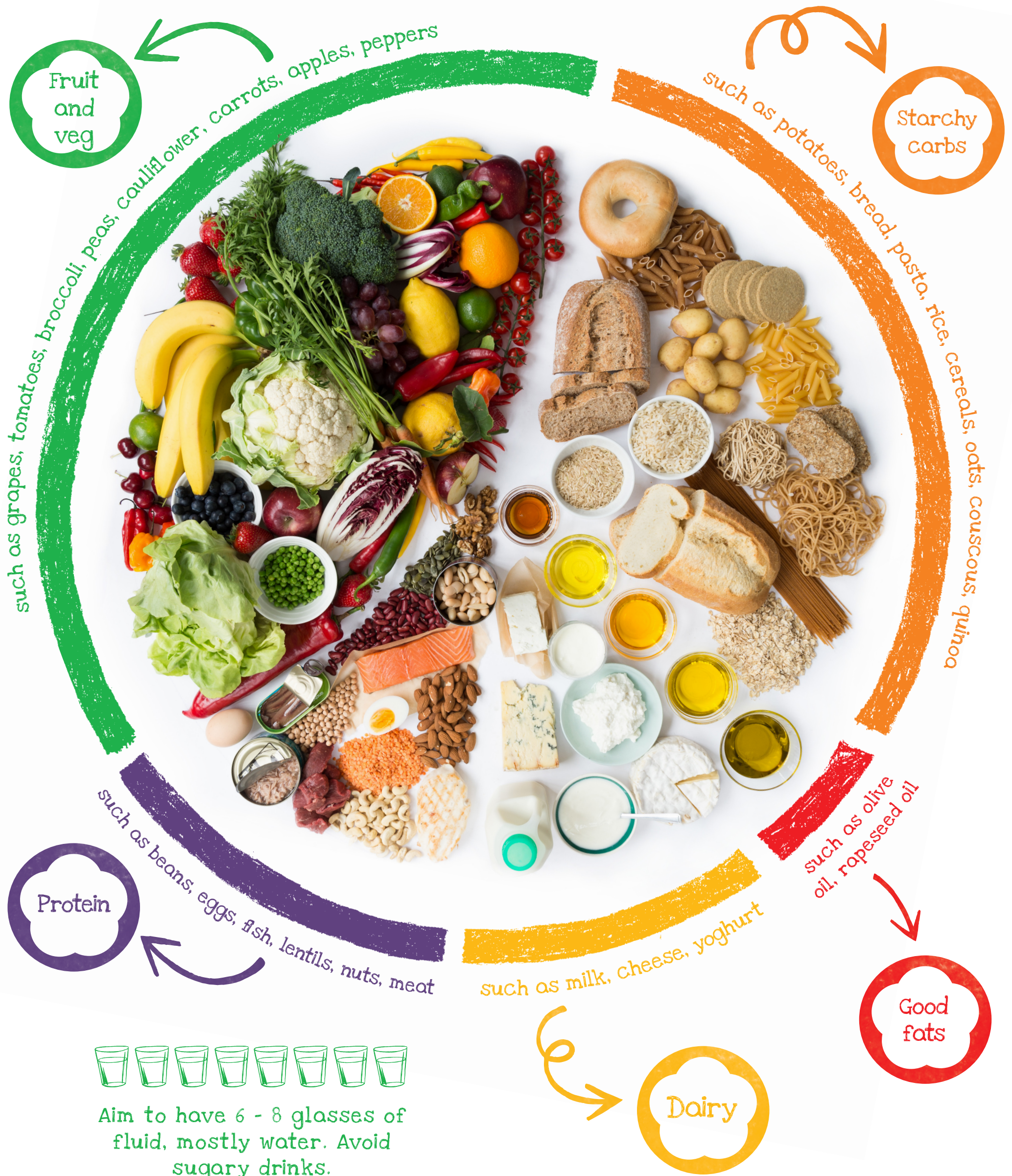


The eatwell guide



Make sure you eat a balanced diet