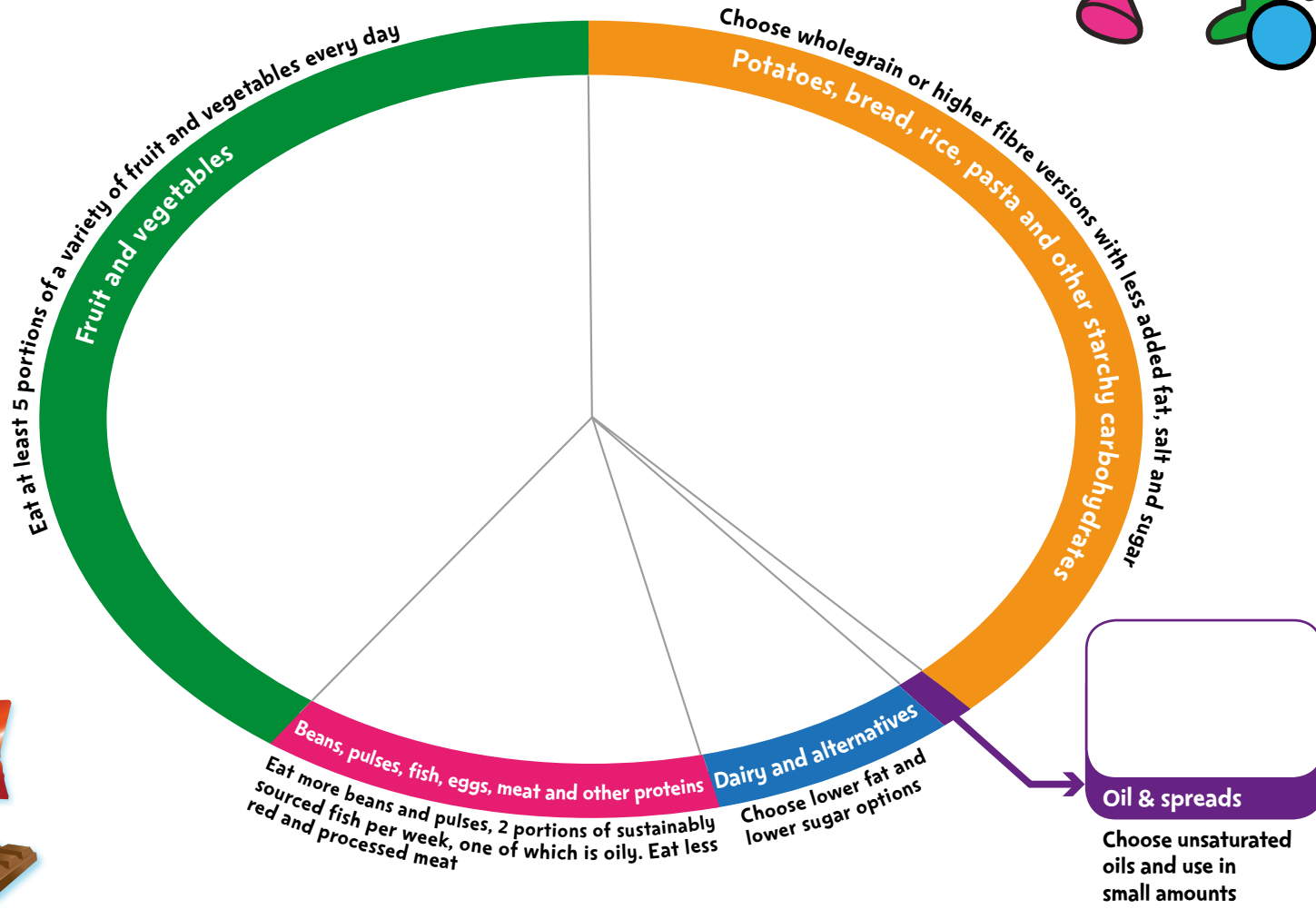
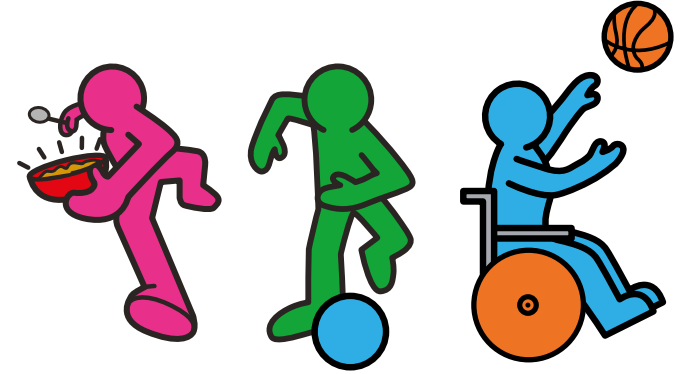


# Eatwell Guide

Fill in this Eatwell Guide with the healthy food that you like to eat.



Eat less often and in small amounts



**Oil & spreads**  
Choose unsaturated oils and use in small amounts