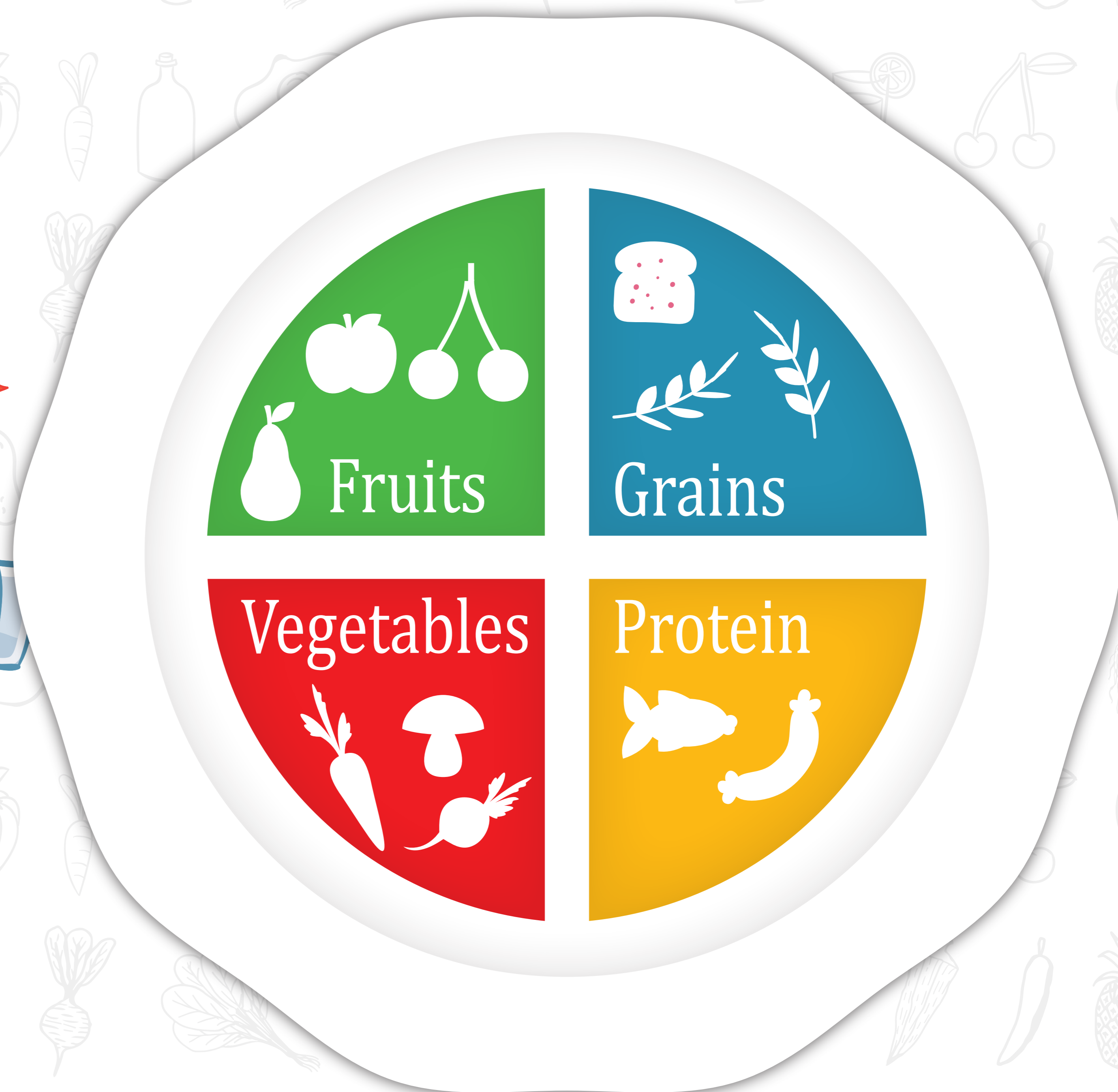


# A COLOURFUL PLATE

that helps you eat great.



## EASY TO DO:

- Eat on time
- Never skip a meal
- Drink 1.5 to 2 litres of water everyday
- Exercise for 30-minutes daily

## TRY TO SAY NO TO:

- Fried foods
- Sweets and chocolates
- Sugary drinks
- Cakes and biscuits

So, does your plate have those 4 colours on it?