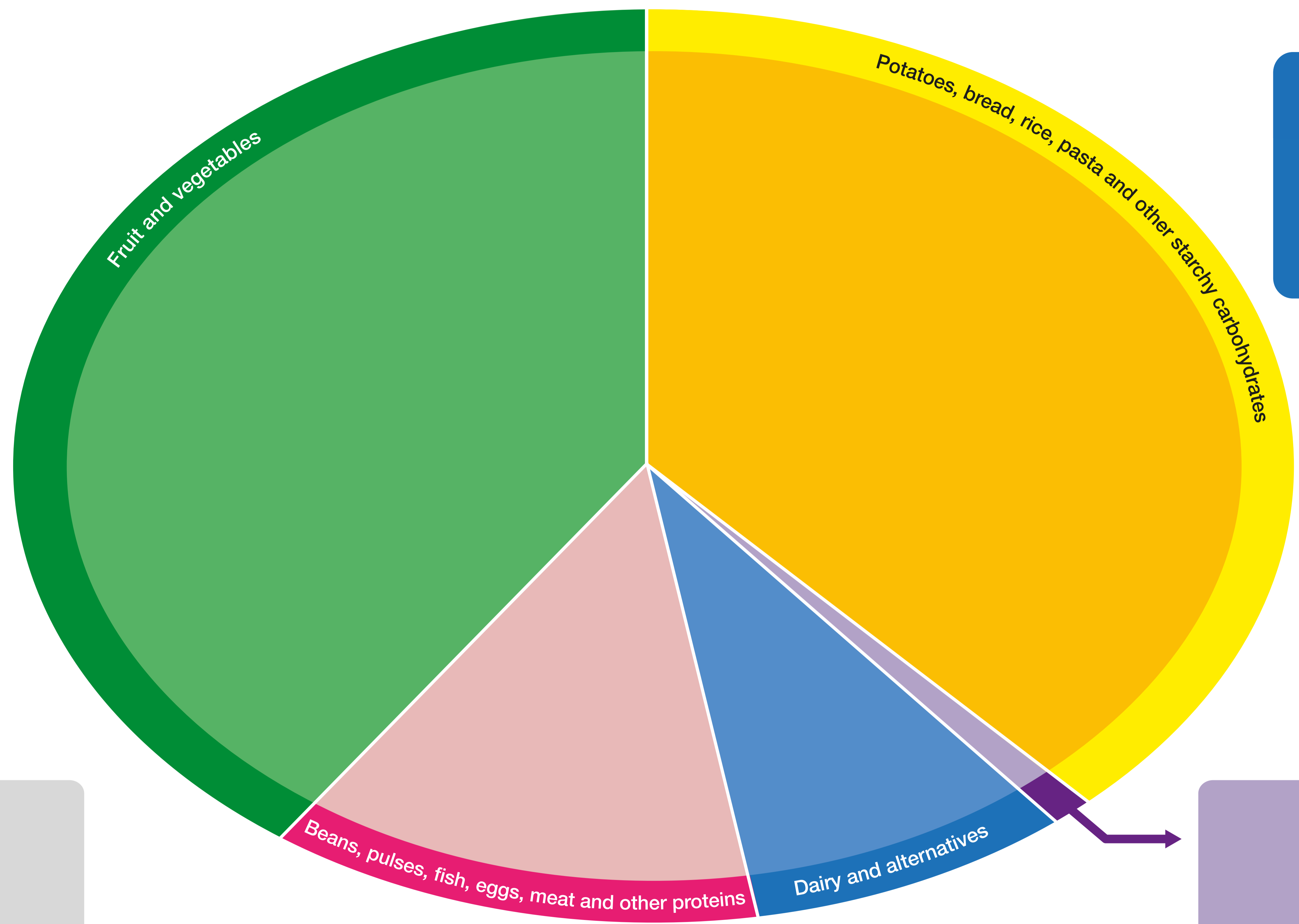


# Eatwell Guide



Eat less often and in small amounts

Oil & spreads