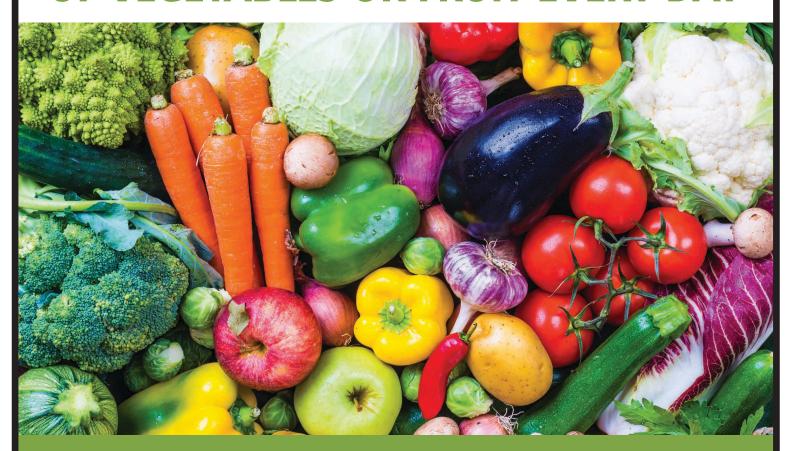
## HEALTHY EATING

## EAT ONE MORE SERVING OF VEGETABLES OR FRUIT EVERY DAY



For example, add extra veggies to your stir-fry, have an apple with your coffee at break time, or even replace dessert at dinner or lunch with a piece of fruit.

TAKE CARE EQUIPMENT

