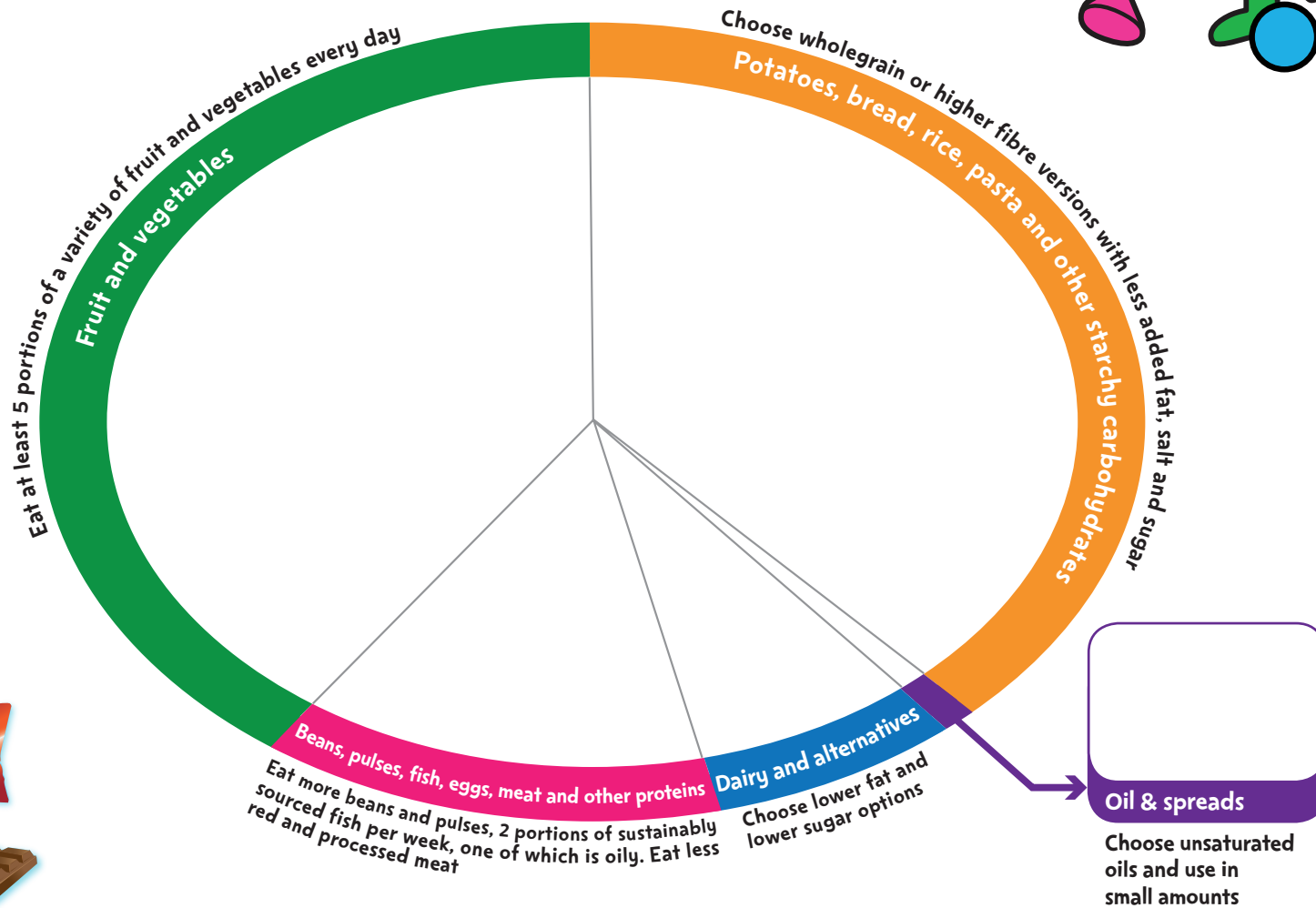
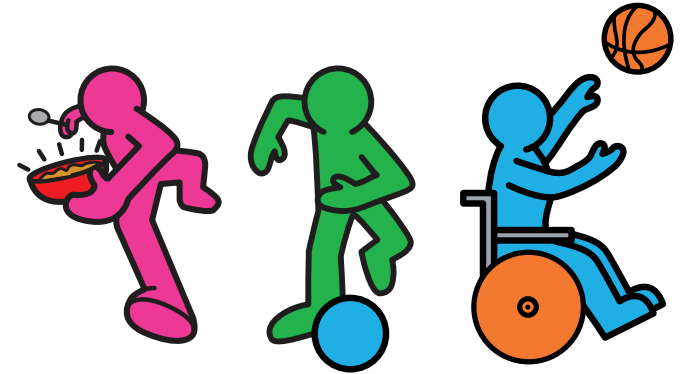


# Eatwell Guide

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



Eat less often and in small amounts

Per day



2000kcal



2500kcal = ALL FOOD + ALL DRINKS

change  
4life  
Eat well Move more Live longer