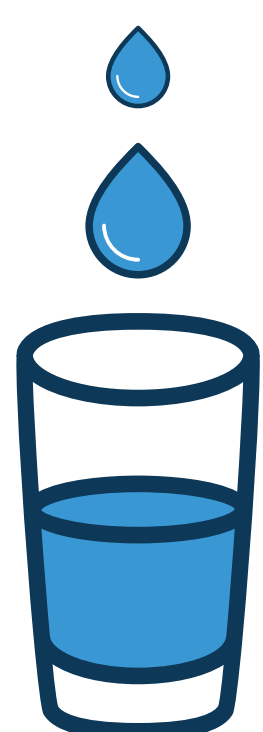
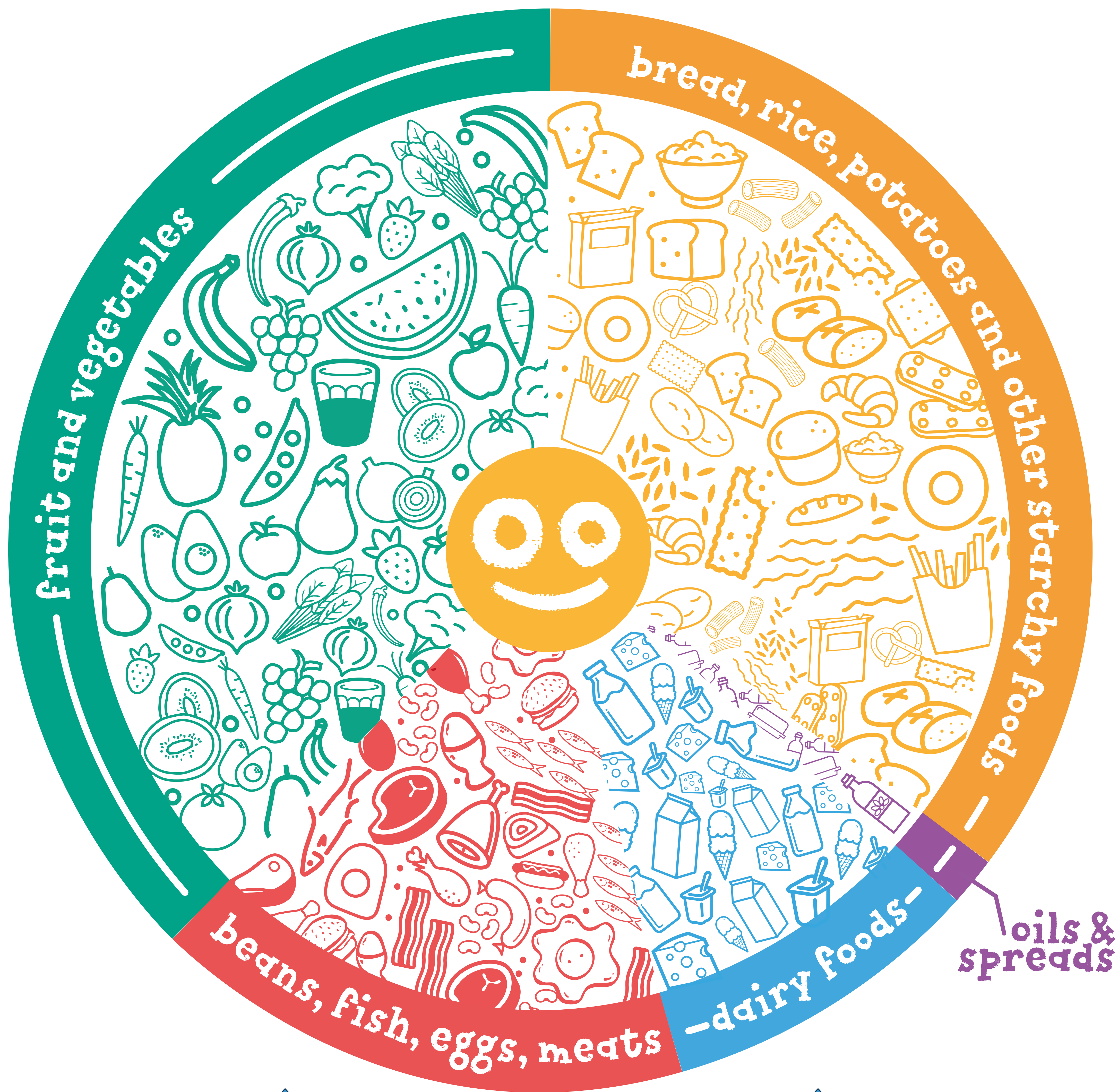


GOOD MOOD FOOD

We all love a treat, but to keep a fit and healthy body we need to follow a balanced diet! Try and make your meals look as much like this one as you can!



6-8 glasses a day

Water, lower fat milk, sugar-free drinks

Limit fruit juice and smoothies
to a total of 150ml a day!

