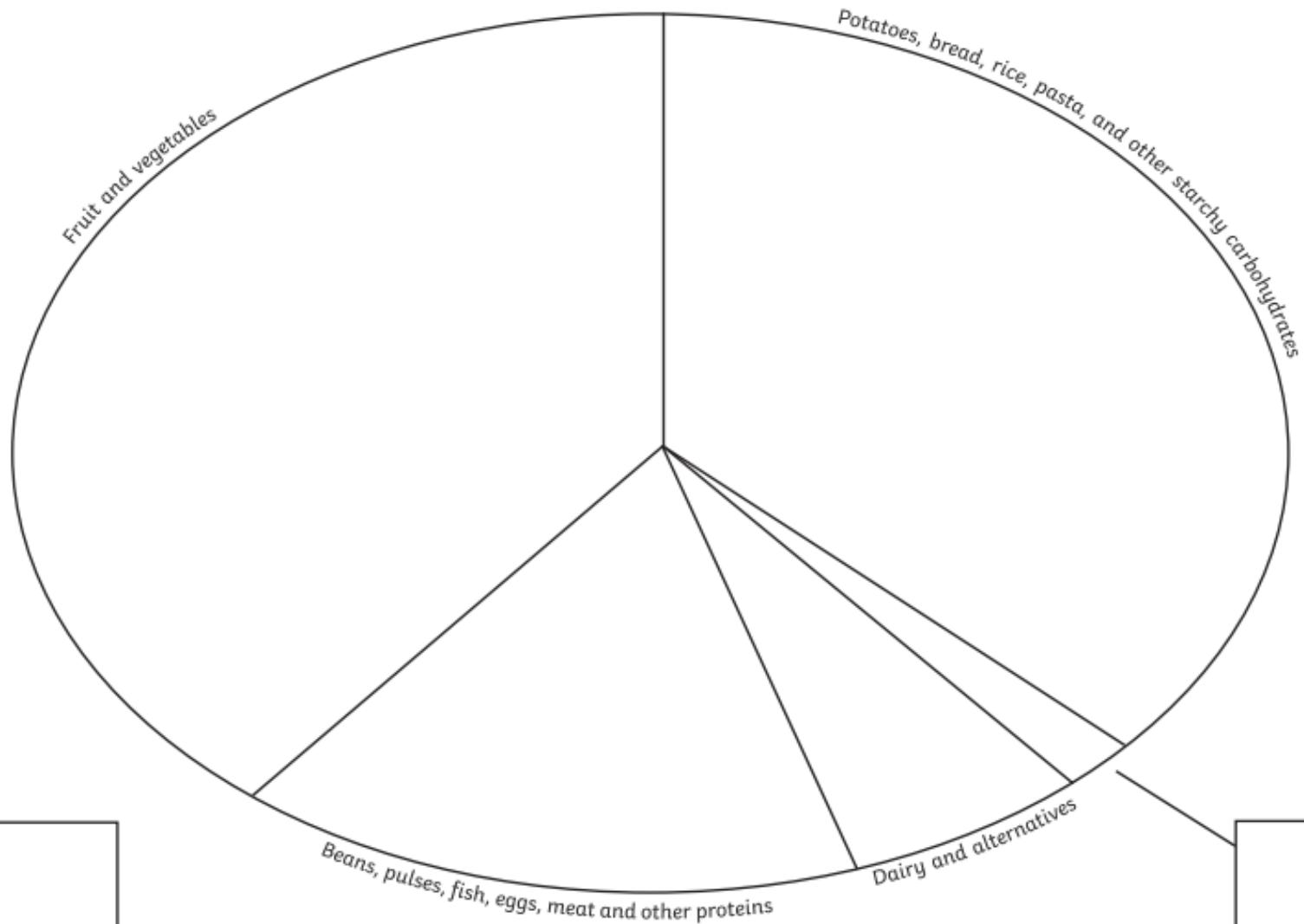


# Healthy Eating Meal



High in fat, salt and sugar

Oils and spreads



Cut out the food to sort and put on your plate.



