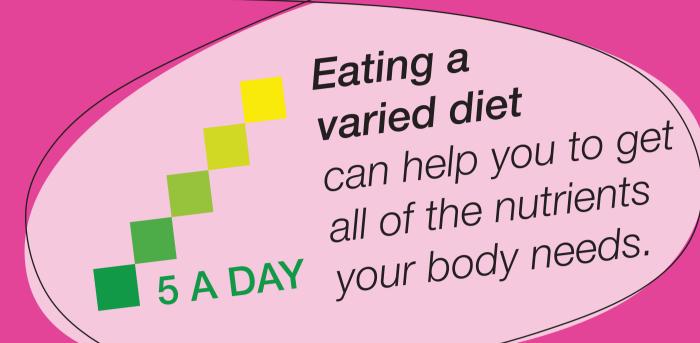
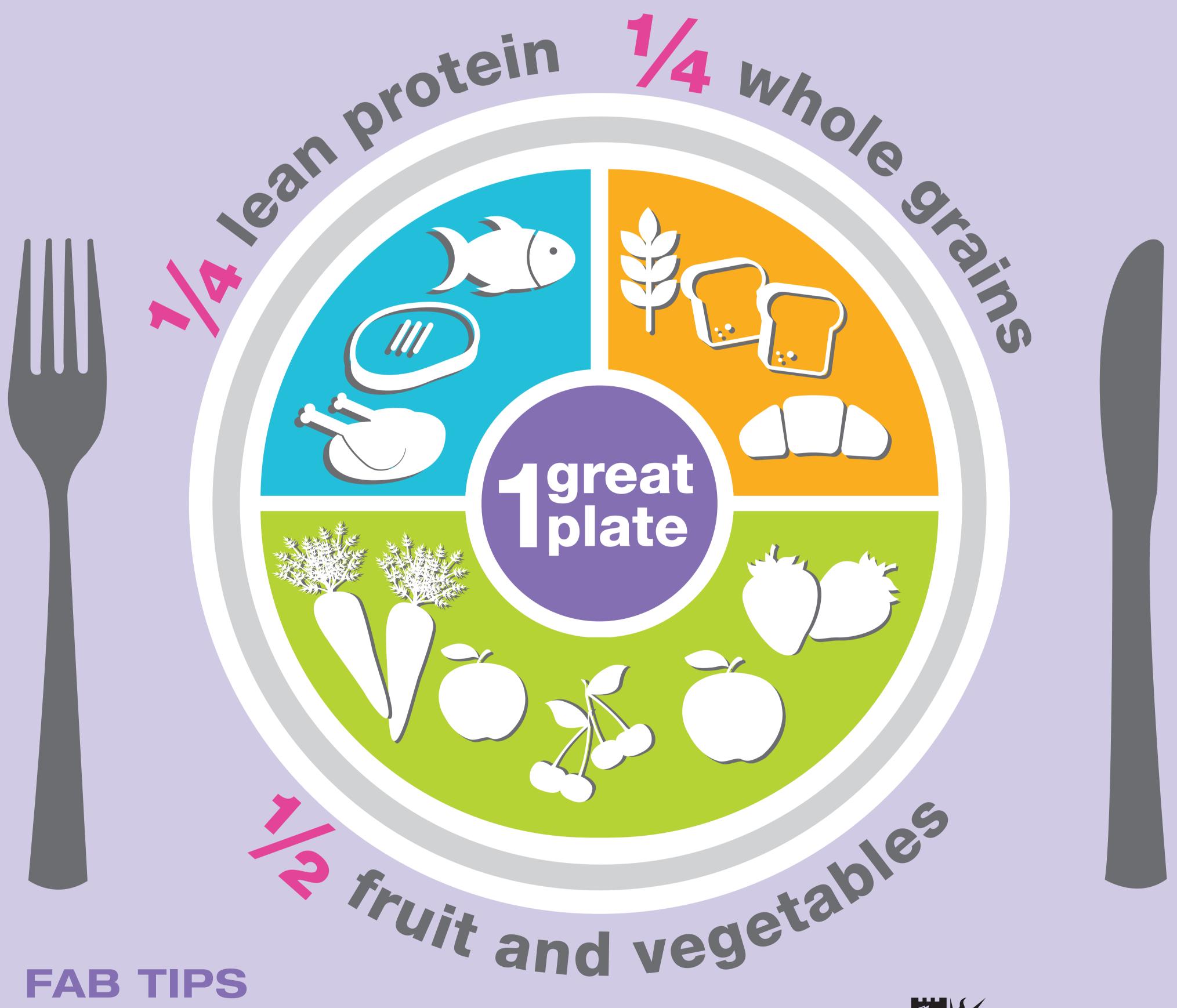


## 



DID YOU KNOW? you should try to eat at least 5 different portions of fruit and vegetables per day





## FAB TIPS

- drinks are important too
- swap something fizzy for something juicy
- try not to have food and drink with lots of added sugar



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