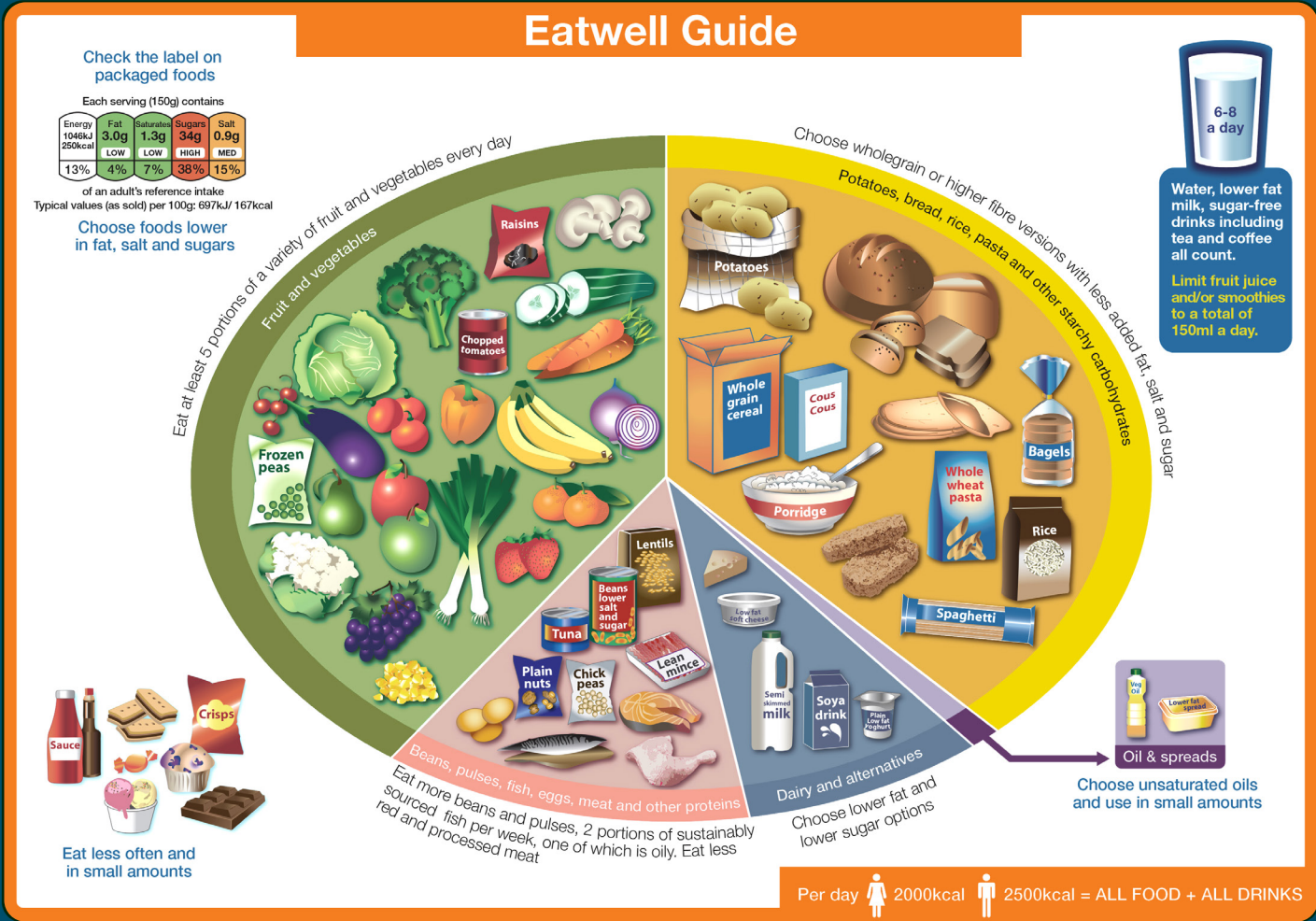


# ARE YOU EATING WELL TODAY?



The Eatwell Guide defines the Government's advice on healthy eating, and visually represents how different food groups contribute towards a healthy balanced diet.