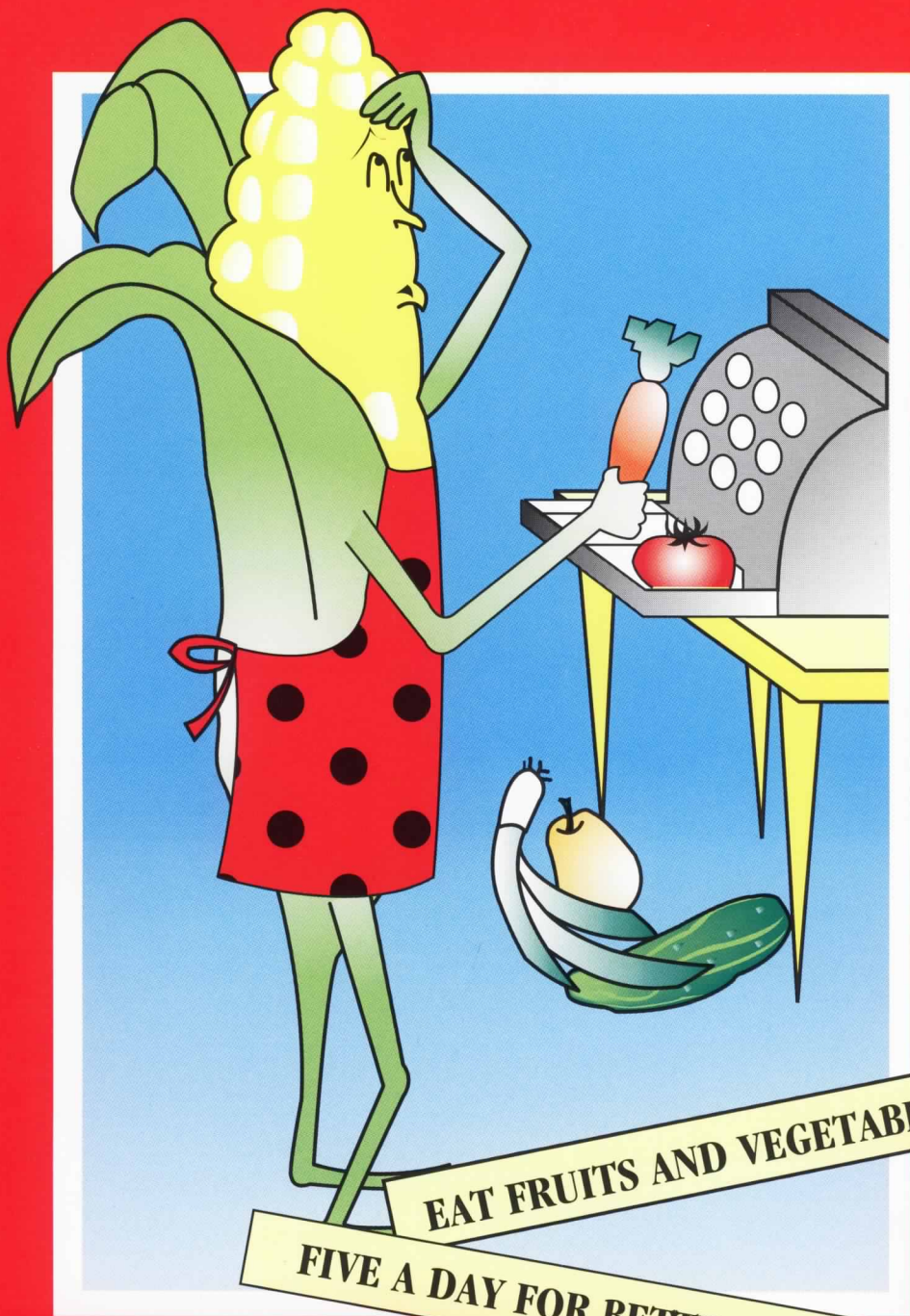# ARE YOU SHORTCHANGING YOURSELF?

EAT FRUITS AND VEGETABLES

FIVE A DAY FOR BETTER HEALTH