

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Eating Well

SB Merriam



Eating Well:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Eating Well** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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