

Tips for a Healthier You

Feeling hungry after lunch?

Eat unsalted nuts or yoghurt instead of processed snacks.

They are much better for your body in the long run and they give you energy for longer.



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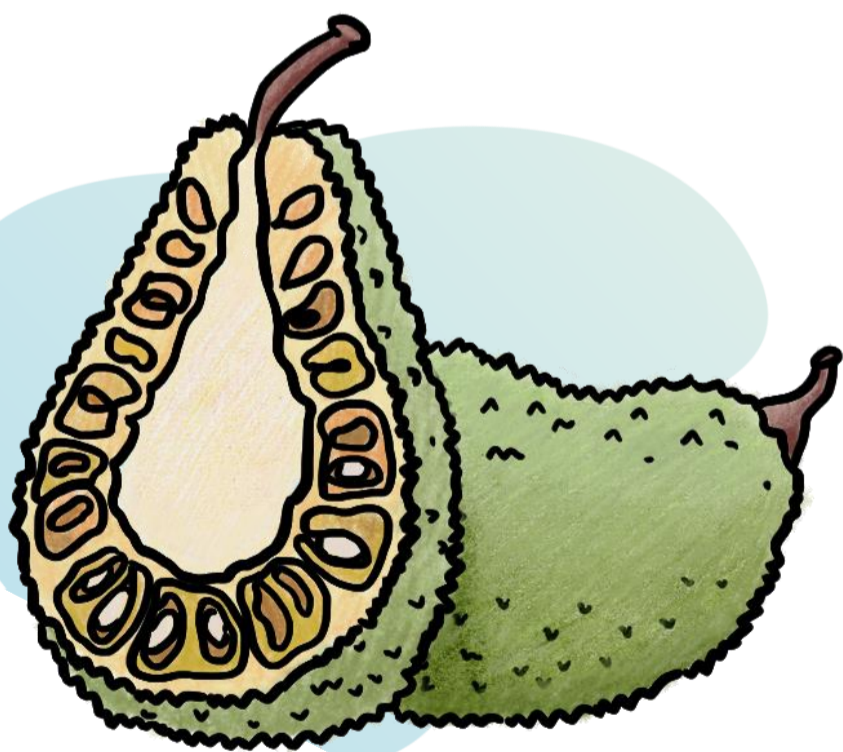
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Tips for a Healthier You

Try these healthy \$5 snacks!

Do you crave something to munch on in between meals?

Skip your sugary snack for some fresh fruits, such as a banana or a packet of jackfruit. They cost less than \$5 and are much healthier!



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