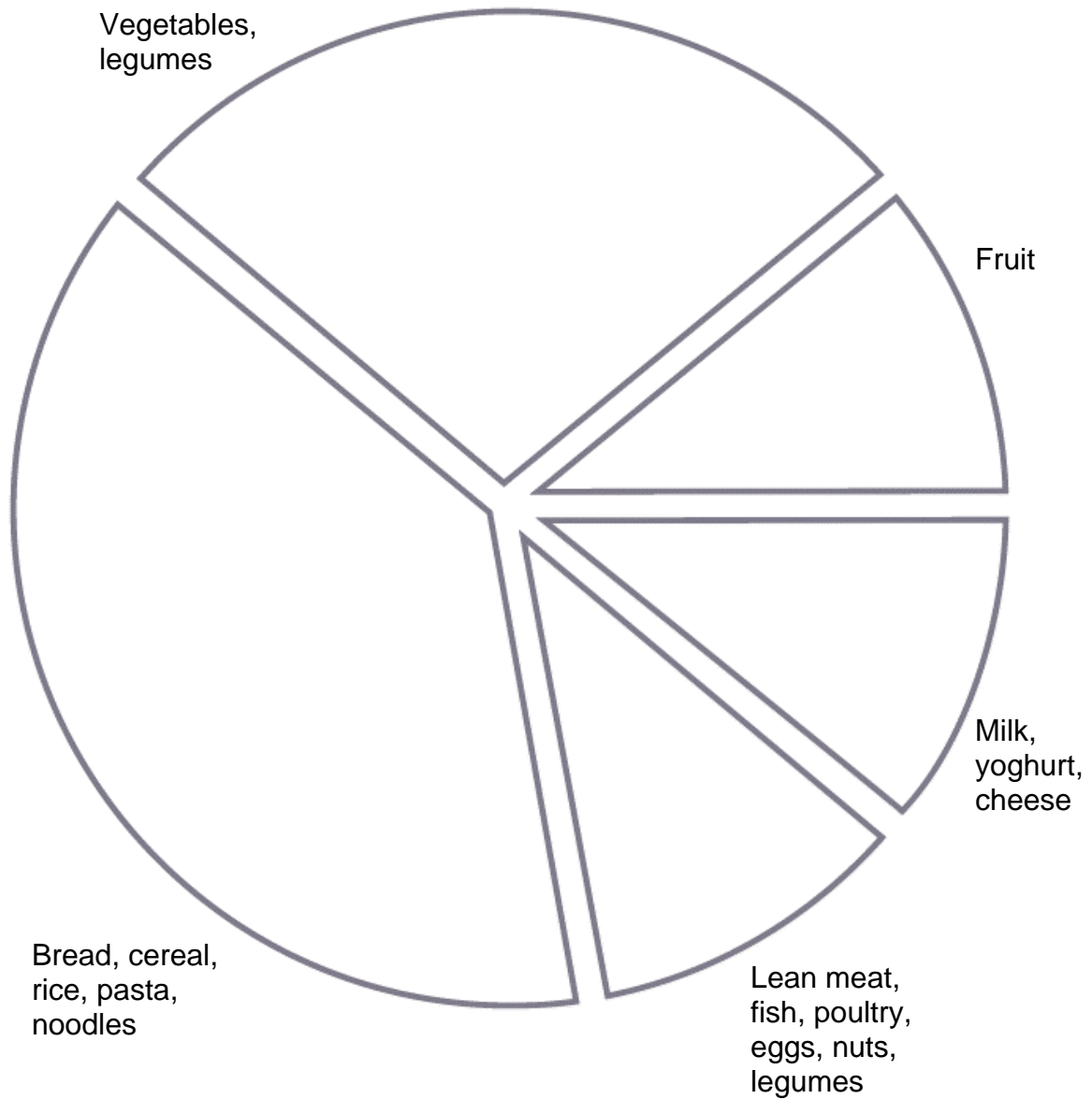



Australian Guide to Healthy Eating template



 + 6–8 glasses of water