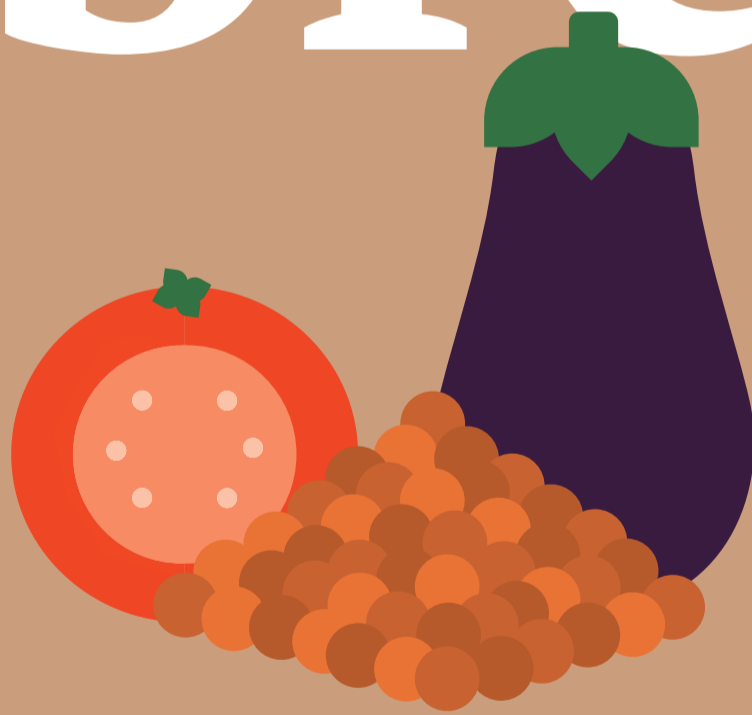


Focus on fibre



**Have wholegrains,
fruit, veg and pulses.**