



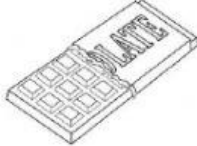
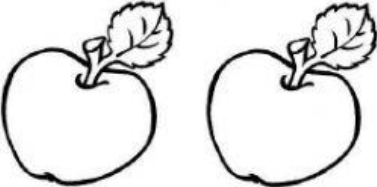
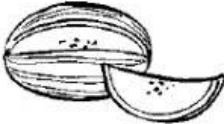



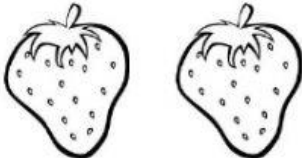
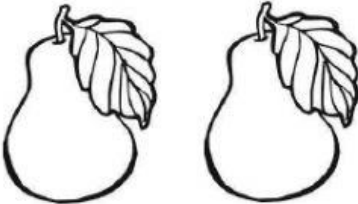
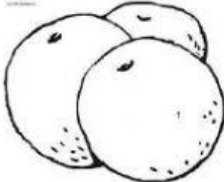
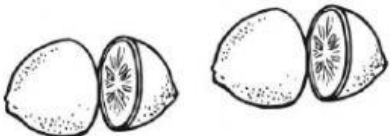


Eat a lot of

or



Don't eat a lot of

		
Don't eat a lot of sweets	Eat a lot of celery	chocolate
		
apples	melon	carrots
		
crisps	grapes	strawberries
		
pears	oranges	lemons