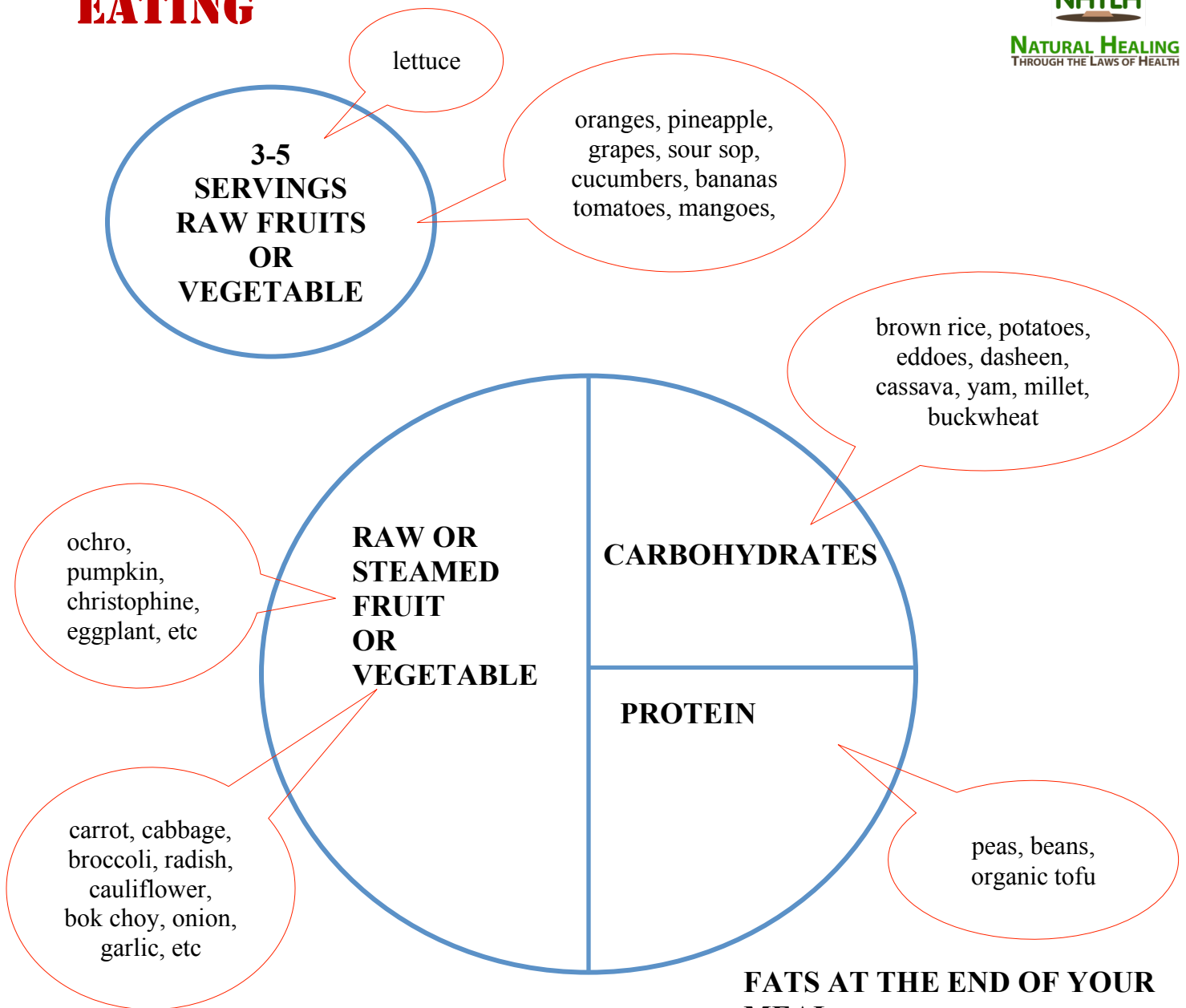


HEALTHY EATING

BREAKFAST AND LUNCH



FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts
- A piece of dried coconut
- A slice or two of GF bread with nut butter on it

SUPPER

- Fruits or fruit juice
- Bread (gluten-free) with natural fruit spread or
- Grains or
- Lemon water, Cold water

The above foods are stated for options only, as there are many more to choose from. Avoid too many varieties on the plate and do not mix fruits and vegetables at the same meal. Portion sizes depends on your appetite but ensure to eat sufficient. Supper should be light and at least 3 hours before bedtime. Avoid vegetables or nuts for supper as they take longer to digest. Website: www.nhtlh.com Email: info@nhtlh.com