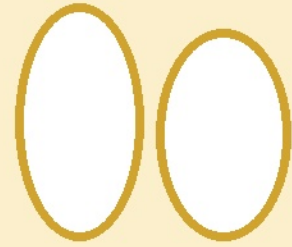


SPACE TO BREATHE

FOOD TO SUPPORT MUSCLE MAINTENANCE



EGGS

Why it can be useful

- Complete protein
- Vitamin B12
- Quick to prepare

Simple ways to use it

1 Boil for a snack

2 Add to toast

3 Make an omelette

REMEMBER

This food can support a balanced diet, but it does not treat or cure a condition. Check allergies, intolerances and individual dietary advice.