

SPACE TO BREATHE

FOOD TO SUPPORT GUT-FRIENDLY EATING

LIVE

LIVE YOGHURT

Why it can be useful

- Protein
- Calcium
- Live cultures in some

Simple ways to use it

1 Add fruit

2 Use as a dip

3 Stir into oats

REMEMBER

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