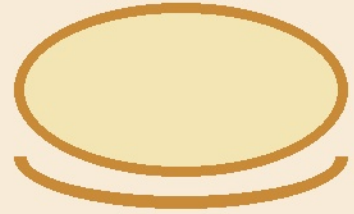


SPACE TO BREATHE

FOOD TO SUPPORT

HEART & CHOLESTEROL SUPPORT



OATS

Why it can be useful

-  Soluble fibre
-  Wholegrain energy
-  Easy to use

Simple ways to use it

- 1 Make porridge
- 2 Add to yoghurt
- 3 Use in overnight 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.