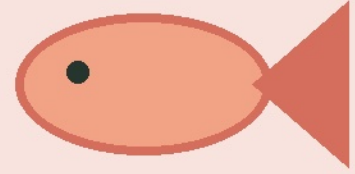


SPACE TO BREATHE

FOOD TO SUPPORT BRAIN & HEART NUTRITION



OILY FISH

Why it can be useful

- Omega-3 fats
- Protein
- Vitamin D

Simple ways to use it

1 Bake with herbs

2 Flake into pasta

3 Choose tinned salmon

REMEMBER

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