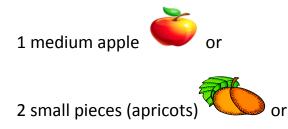
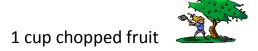
FRUIT AND VEG!

What's a Serve?

One serve of FRUIT is 150 grams of fresh fruit or:





One serve of VEGETABLES is 75 grams or:

