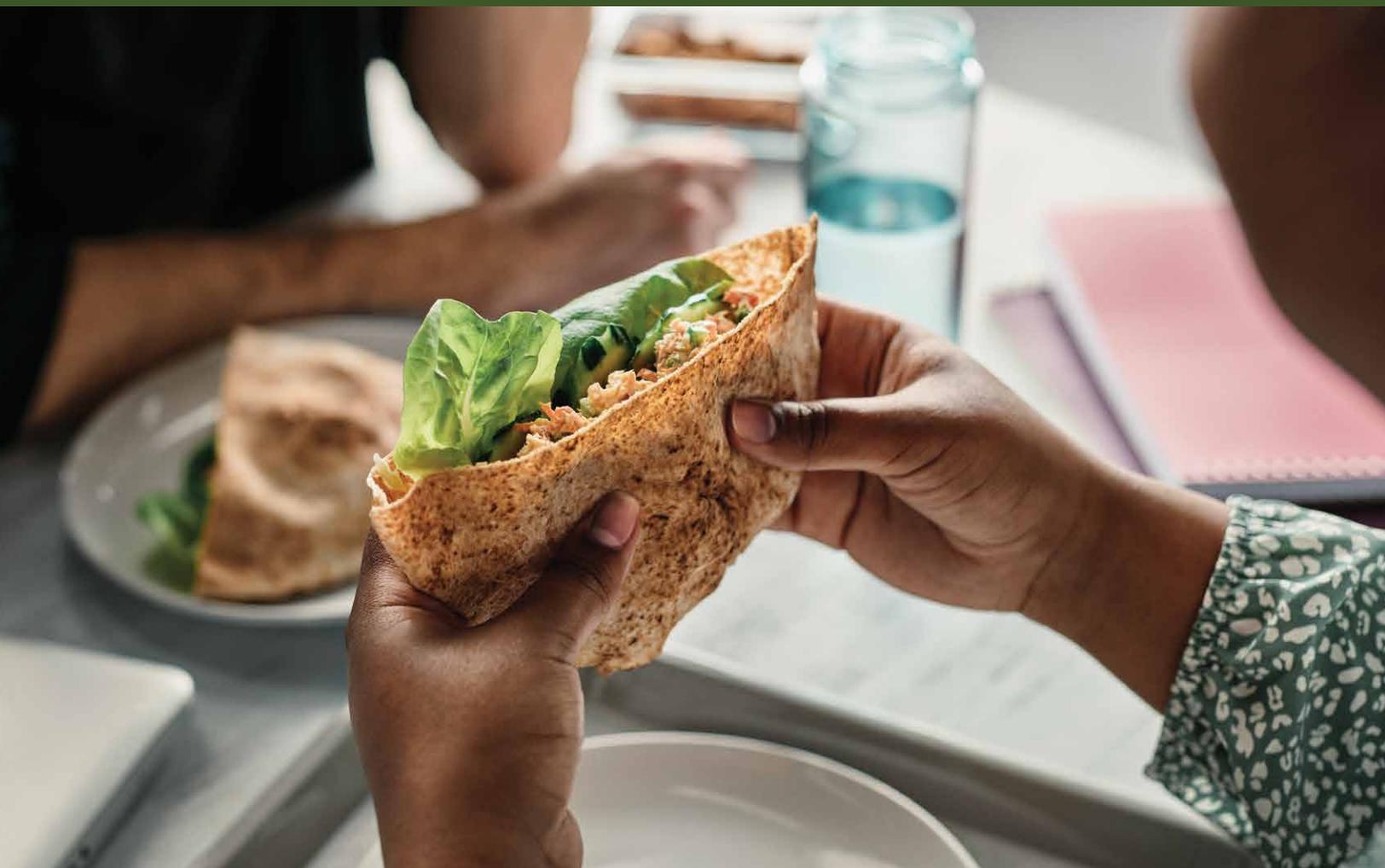


Choose whole grain foods

These are filled with fibre, which can support your overall health.



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