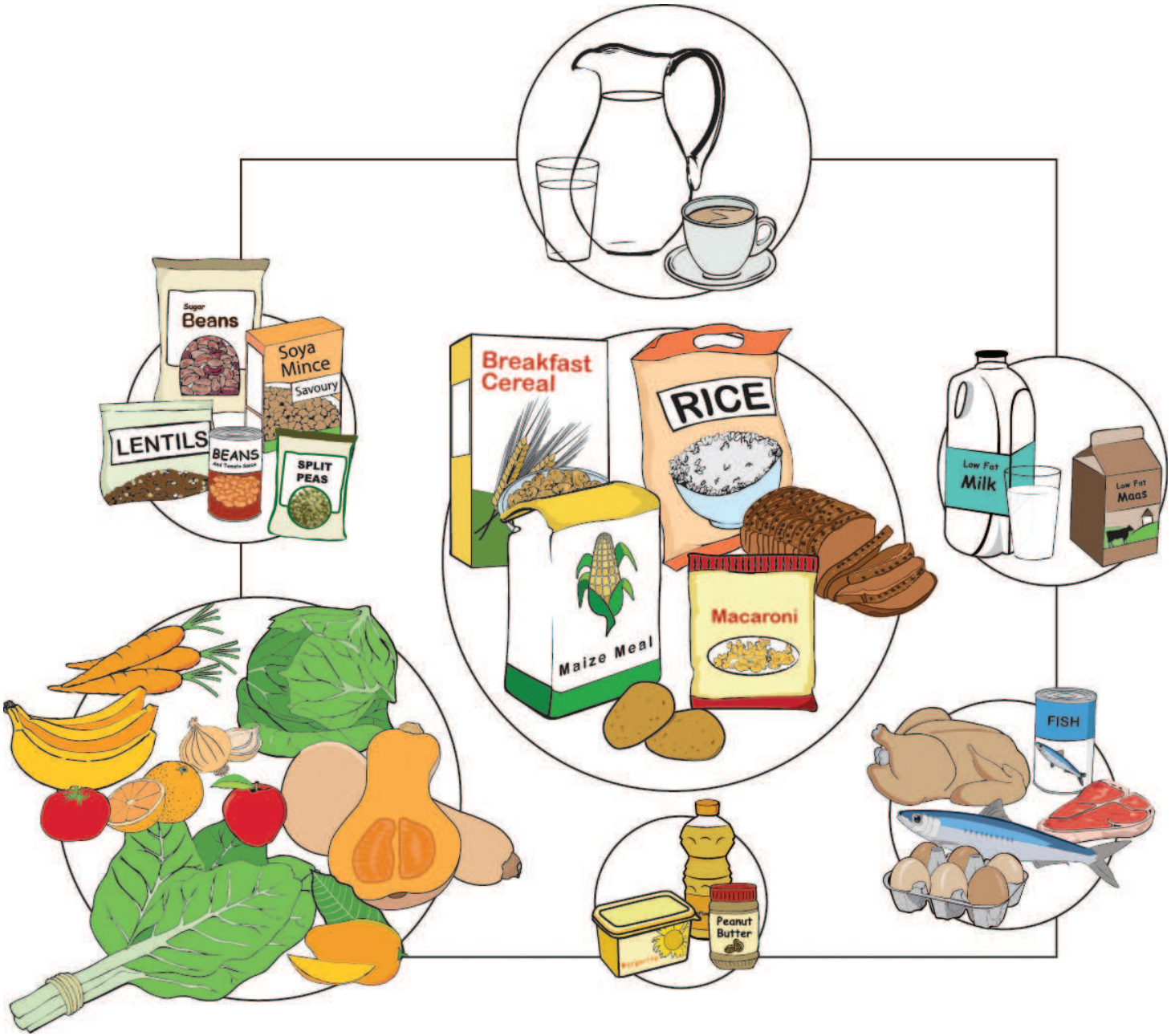
Food Guide


Sugar Beans
Soya Mince
Savoury
LENTILS
BEANS
SPLIT PEAS
Breakfast Cereal
RICE
Maize Meal
Macaroni
Low Fat Milk
Low Fat Maas
FISH
Peanut Butter