Food Optimising

HEALTHCY EXTRACT

a choices

milk

Enjoy milk on its own, in hot drinks, or on cereal

- \$ 350ml skimmed milk
- 250ml semi-skimmed milk
- 7 175ml whole milk
- 250ml semi-skimmed goats' milk
- 7 200ml whole goats' milk
- 130ml sheep's milk
- 350ml unsweetened calcium
 enriched soya milk
- 250ml sweetened calcium
 enriched soya milk
- ₩ 250ml calcium-enriched rice milk

cheese

Use in sandwiches, on jacket potatoes or on pasta – whole, grated, sliced, melted or grited!

- 7 28g Cheddar
- 1 28g Double Gloucester
- 7 28g Edam
- 7 28g Emmental
- 7 28g Gouda
- 7 28g Gruyère
- 7 28g Parmesan
- 7 28g Red Leicester
- W 42g Feta
- 42g Mozzarella
- ¥ 42g Reduced fat Cheddar
- W 42g Reduced fat Cheshire

'a' choices are dainy toods that are high in calcium. Maintening a high intake of calcium when you're simming is important for good health and may aid your weight loss too.

grab!

Choose these Healthy Extras when you have time to eat - but not to measure!

- 2 x 25g Dairylea Light Cheese Slices
- W 4 x 20g Dairylea Light Triangles
- 2 x 20g Dairylea Original Triangles
- 6 x 17.5g The Laughing Cow Extra Light Triangles
- 5 x 17.5g The Laughing Cow Light Triangles
- 7 2 Mini Babybel Emmental Cheeses
- 2 Mini Babybel Light Chedder Cheeses
- ▼ 3 Mini Babybel Light Cheeses
- 7 2 Mini Babybel Original Cheeses

Section

Healthy Extras Full List

Katrin Zwirglmaier

Healthy Extras Full List:

The book delves into Healthy Extras Full List. Healthy Extras Full List is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Healthy Extras Full List, encompassing both the fundamentals and more intricate discussions.

- 1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Healthy Extras Full List
 - Chapter 2: Essential Elements of Healthy Extras Full List
 - Chapter 3: Healthy Extras Full List in Everyday Life
 - Chapter 4: Healthy Extras Full List in Specific Contexts
 - ∘ Chapter 5: Conclusion
- 2. In chapter 1, this book will provide an overview of Healthy Extras Full List. This chapter will explore what Healthy Extras Full List is, why Healthy Extras Full List is vital, and how to effectively learn about Healthy Extras Full List.
- 3. In chapter 2, the author will delve into the foundational concepts of Healthy Extras Full List. The second chapter will elucidate the essential principles that need to be understood to grasp Healthy Extras Full List in its entirety.
- 4. In chapter 3, this book will examine the practical applications of Healthy Extras Full List in daily life. The third chapter will showcase real-world examples of how Healthy Extras Full List can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Healthy Extras Full List in specific contexts. The fourth chapter will explore how Healthy Extras Full List is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, the author will draw a conclusion about Healthy Extras Full List. This chapter will summarize the key points that have been discussed throughout the book.
 - The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Healthy Extras Full List.

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