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Fresh & Healthy

VEGITABLES

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RS.329.00 - 1kg



RS.949.00 - 1kg



RS.463.00 - 1kg



RS.449.00 - 1kg



RS.849.00 - 1kg

Fruits and vegetables contain important vitamins, minerals and plant chemicals. They also contain fiber.

There are many varieties of fruit and vegetables available and many ways to prepare, cook and serve them.

A diet high in fruit and vegetables can help protect you against cancer, diabetes and heart disease.

Eat 5 kinds of vegetable and 2 kinds of fruit every day for good health.

Most Australians do not eat enough fruit and vegetables.

When buying and serving fruit and vegetables, aim for variety to get the most nutrients and appeal.

More



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https://www.keellssuper.com/home

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(Daily operating hours 8.00a.m to 8.00p.m

