

“Eat Healthy & Stay Fit”

☞ Good food & celebrations go hand in hand

- Choose foods lower in saturated fat & cholesterol to reduce your risk
- Avoid cheese, cut back or switch to low-fat
- Make use of Wheatgrass, strawberries, aged cheese, bananas as it is

nutritious



Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com

A Chaitanya Wellness Research Institute Initiative