

“Eat Healthy & Stay Fit”

☞ Habits for better lifestyle

- Adapting for whole-grain, oatmeal or multi-fibre breads over white bread
- Eating fresh fruits instead of processed/ packaged juices
- Choosing cornflakes made from high fiber cereals like bran & muesli



Be TUNED IN to know more.....

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

A Chaitanya Wellness Research Institute Initiative