

# “Eat Healthy & Stay Fit”

## ☞ Habits for better lifestyle

- Make healthier and more nutritious breakfast –using honey instead of jam & other sugar-sweetened spreads
- Choosing low-fat milk over full cream milk
- Choosing low-fat butter over traditional butter



**Be TUNED IN to know more.....**

For more guidance & tips email to - [food@wellnessway4u.com](mailto:food@wellnessway4u.com)

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