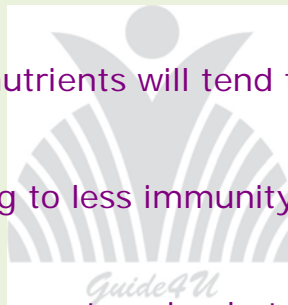


"Eat Healthy & Stay Fit"



☞ Are you eating right?

- Children who do not skip their morning breakfast have proved to perform better than those who miss breakfast
- A diet that lacks micronutrients will tend to have an impact on the immune system, leading to less immunity
- The rich pastas and pizzas, steaming hot samosas and chats. Fad diets, weight loss supplements, will only add on to unwanted health issues



Be TUNED IN to know more.....

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