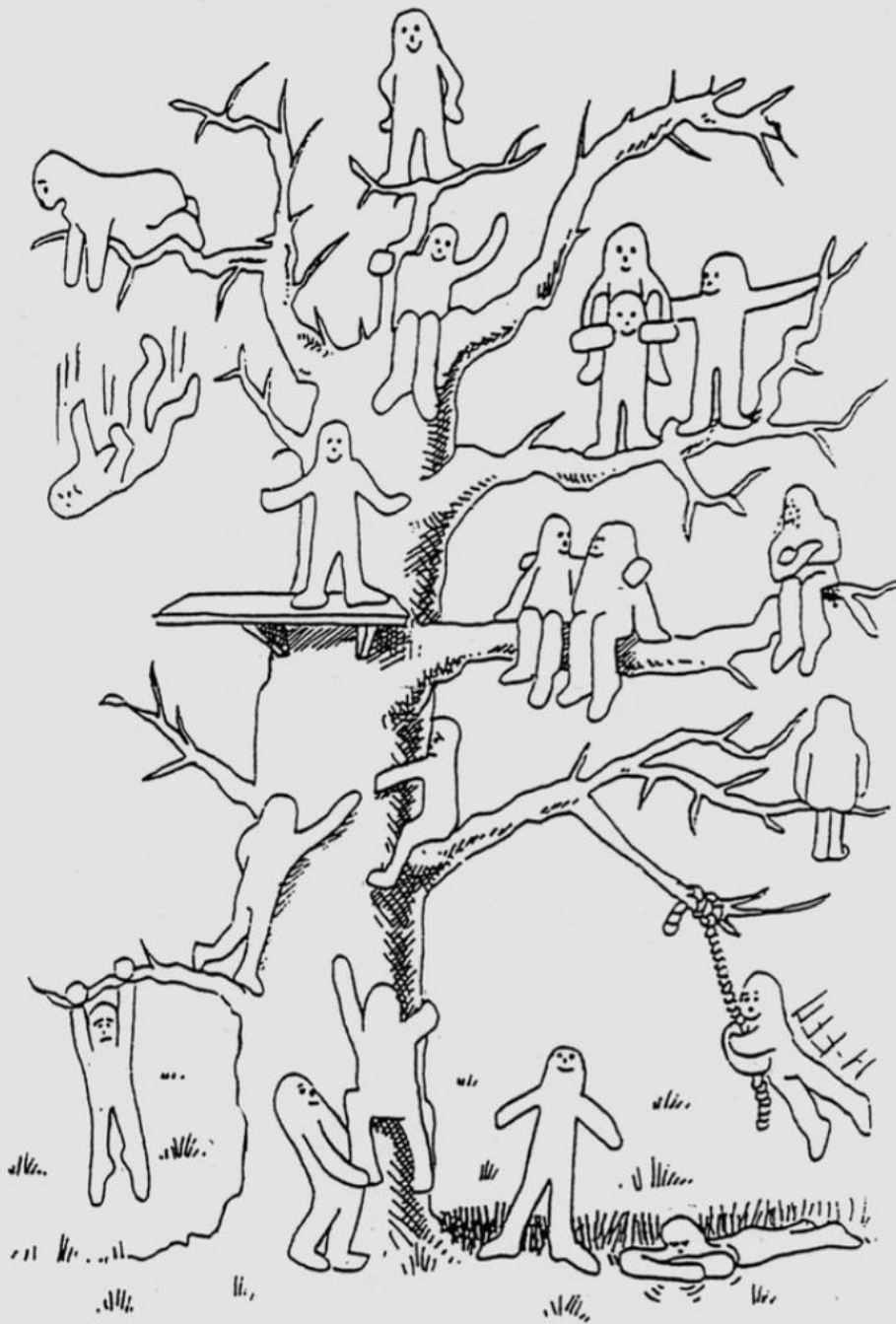




# Sian Riley Dietitian

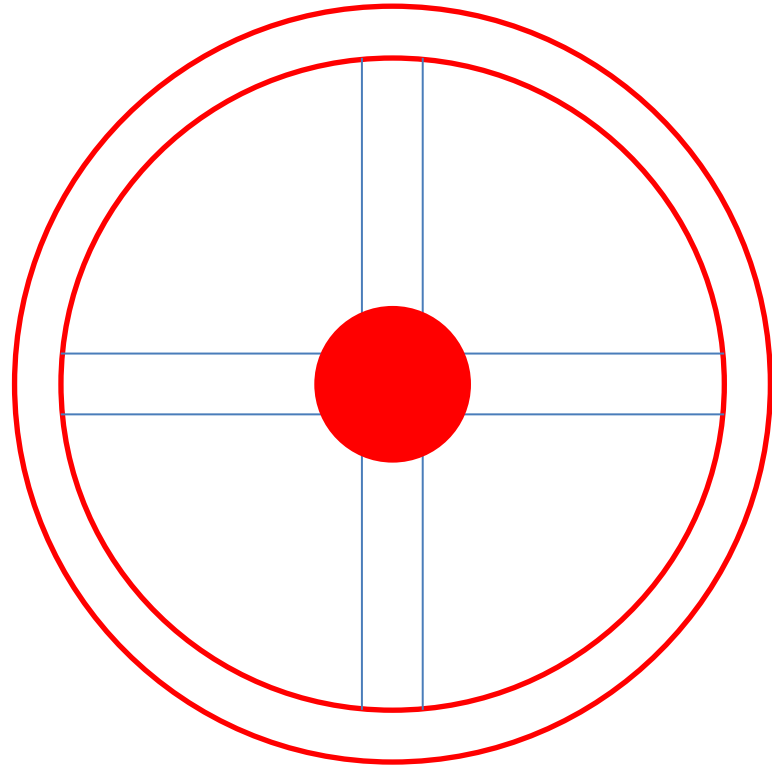
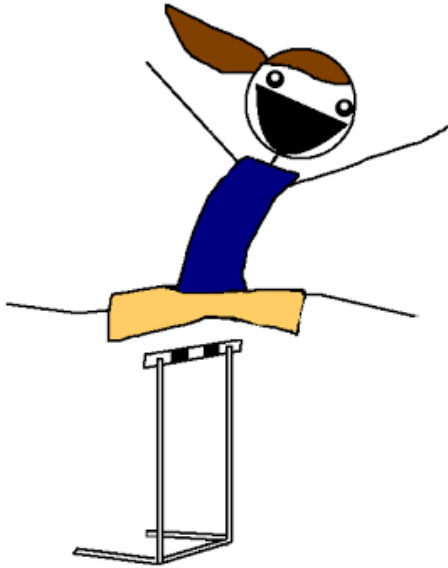
“Food to live, food for life”



3 small changes?

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison”.

Ann Wigmore



“One cannot think well, love well, sleep well, if one has not dined well”

Virginia Woolf

# Balanced meal





# Fruit and vegetables



# Protein



# Starchy carbs





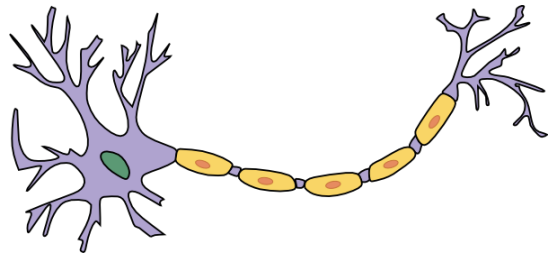
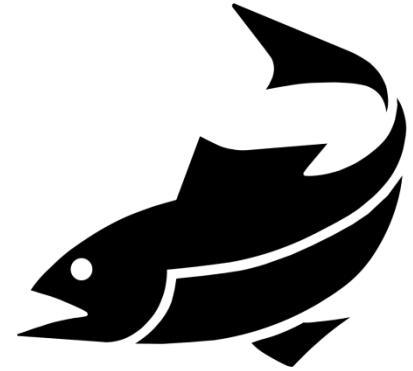


# Vitamin D





# Fats



Omega 3 fatty acids – DPA/DHA



# Water



# Summary

