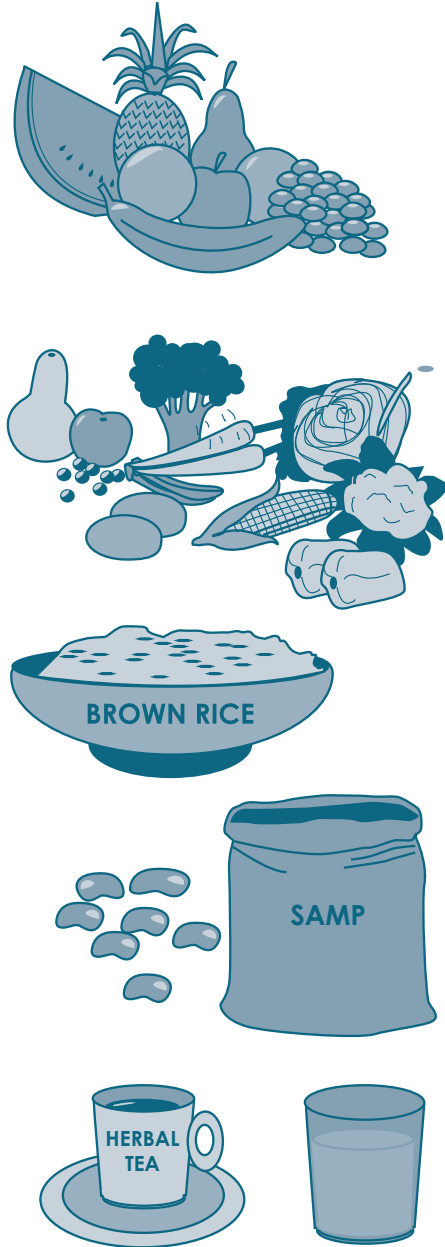


BASIC PRINCIPLE: EAT NATURAL FOODS

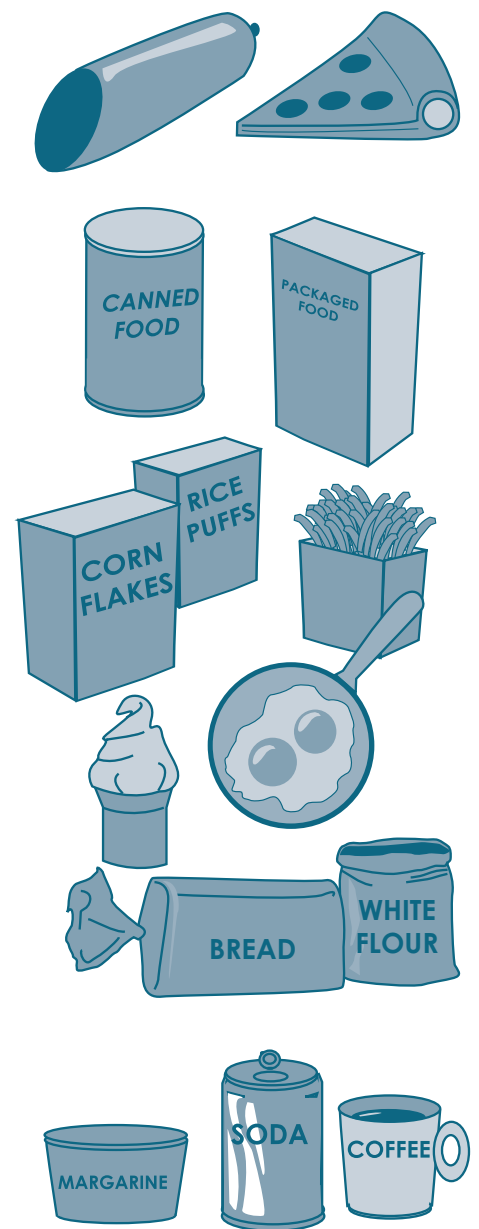
USE PLENTY OF



MODERATION



USE SPARINGLY



- NATURAL
- FULL OF NUTRIENTS

- PROCESSED AND REFINED
- PRESERVED WITH CHEMICALS

**YOU CAN EAT UNTIL YOU ARE FULL BUT CHOOSE
TO EAT NATURAL FOOD WHENEVER POSSIBLE**



**CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD**