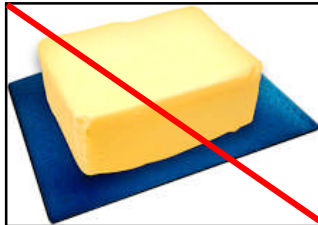


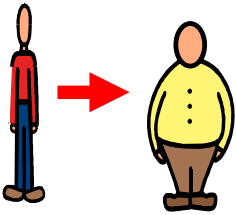
Healthy
Eating



Fats to
Avoid

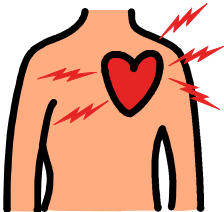


Eating too many fatty foods can



Make you put on weight

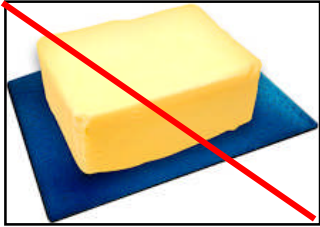
and



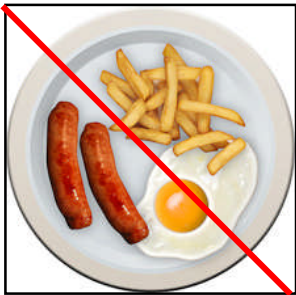
Is bad for your heart



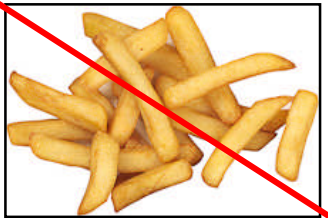
Don't eat these foods too often



Butter or margarine



Fried foods

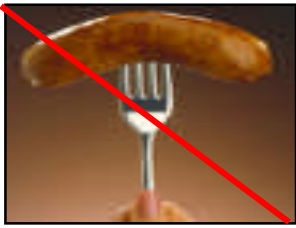


Chips



Fat on meat





Sausages



Pies and Pasties



Burgers



Crisps





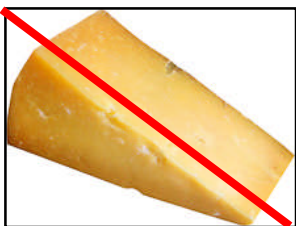
Full fat milk



Foods that contain
Cream

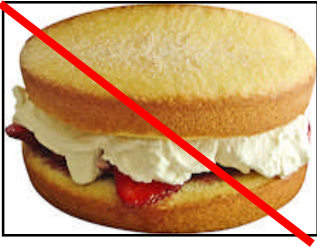


Full fat Mayonnaise or
Salad cream



Full fat cheese





Cakes



Chocolate biscuits

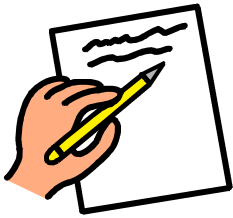


Fruit pies



Chocolate





Notes



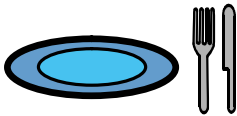


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Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

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Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cymru

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