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TO BE HEALTHY!



#400GCHALLENGE

HAPPY HOLIDAYS!

It might be party season, but that's no excuse to forget about fruit and veg – use them to make fancy yet guilt-free festive meals this holiday.

A staple winter vegetable often overlooked or even disliked, leeks are actually delicious in a quiche.

Wanna party all night long? Mushrooms will bring you the nutritional boost you need!

They're not only for nice kids – don't wait for Santa to bring you clementines. They'll help you recover after a long night out.



FIBRE¹

VIT C³

VIT B,
POTASSIUM
AND
COPPER²

ENJOY
IT'S FROM
EUROPE



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CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



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¹ <http://www.aprifel.com/fiche-nutri-produit-poireau,89.html>

² <http://www.aprifel.com/fiche-nutri-produit-champignon,92.html>

³ <http://www.aprifel.com/fiche-nutri-produit-clamentine-mandarine,17.html>