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TO BE HEALTHY!



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KNOW?

Fruit and veg can help mend your broken heart? Studies have shown that every portion of fruit or veg **DECREASES CARDIOVASCULAR RISK BY 4%!** Don't waste a minute and fill your basket!



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¹3. Aune D. et al, Fruit and vegetable intake and the risk of cardio vascular disease, total cancer and all-cause mortality –a systematic review and dose-response meta-analysis of prospective studies; Int. J of Epidemiology; 2017; 1029-1056 4. Wang X et al. Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer: systematic review and dose-response meta-analysis of prospective cohort studies; BMJ; 2014; 349g4490

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