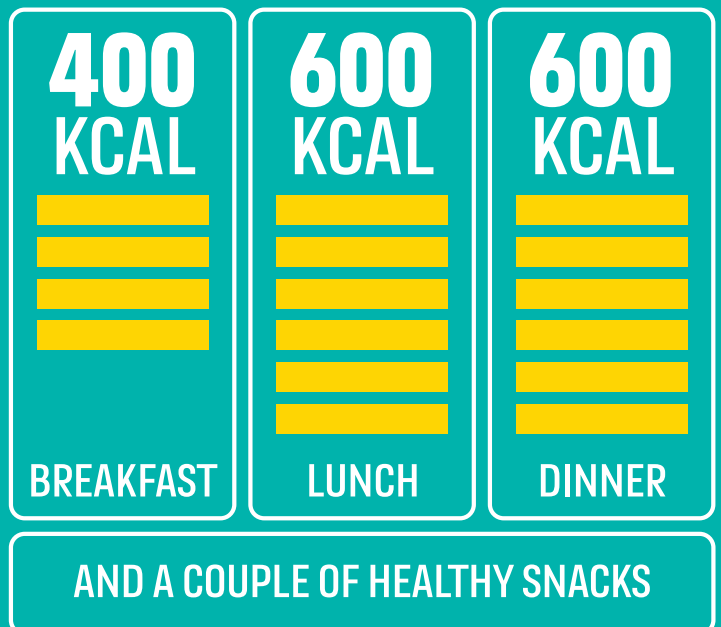




# ARE CALORIES CREEPING UP ON **YOU?**

Aim to follow the 400-600-600 rule of thumb\* and look for a tasty, healthier option today.

**Search One You** for more advice and support.



BECAUSE THERE'S ONLY  
**ONE YOU**

\*It's all part of a healthy balanced diet of 2000 calories for women and 2500 calories for men.