

The only person who will be with
you till you die

is your body
so LOOK after it!

- **When diet is WRONG, medicine is of no use.**
- **When diet is CORRECT, medicine is no need.**

We have to create shift in consciousness

we have to **CHANGE**

it takes 21 days to change **HABITS**

12 things you will do

- Eat mostly organic
- Juice vegetables once a week
- Remove chemicals from home cleaning
- Smoothie daily
- Make salads more interesting - more dressings
- Choose to say NO - social situations
- Eat before going to weddings
- Drop alcohol
- Exercise - walk everyday, especially after a meal
- Yoga - 2/3 times a week
- Have B12 & Vit D
- Plan the meals ahead

The **MAGIC** happens when you
go out of your comfort **ZONE**.

Old ways don't open new doors

B12

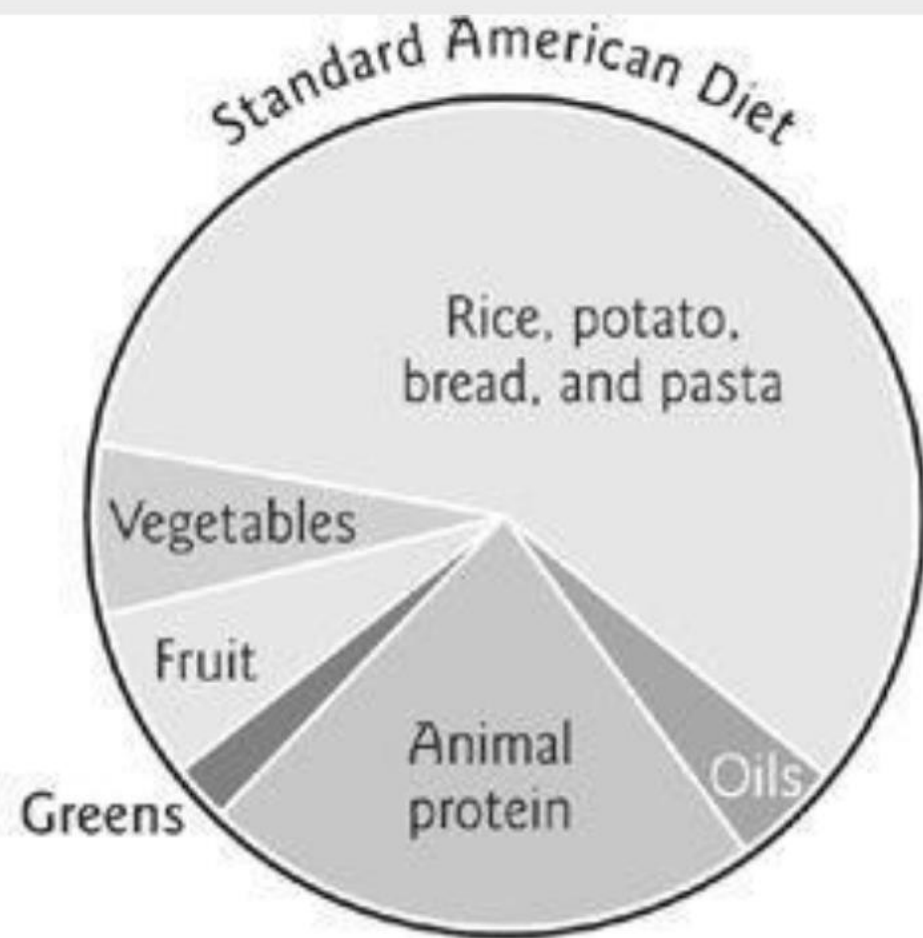
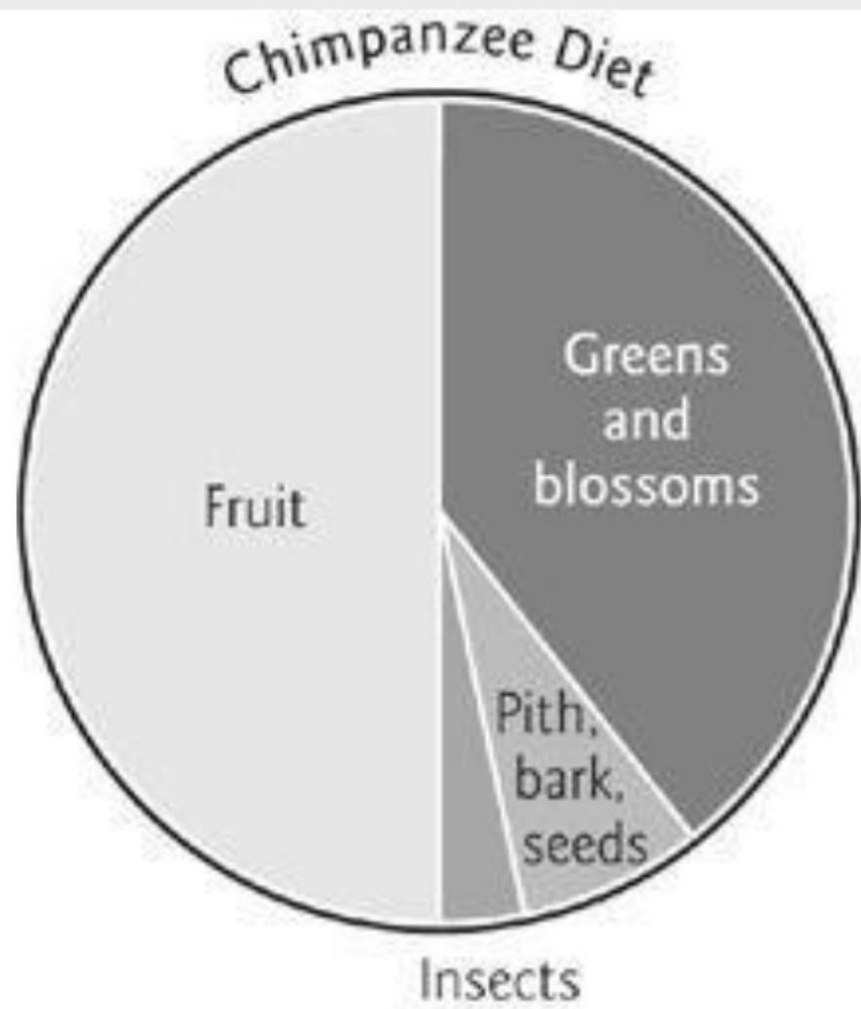
Normal 211-900; get it to 400

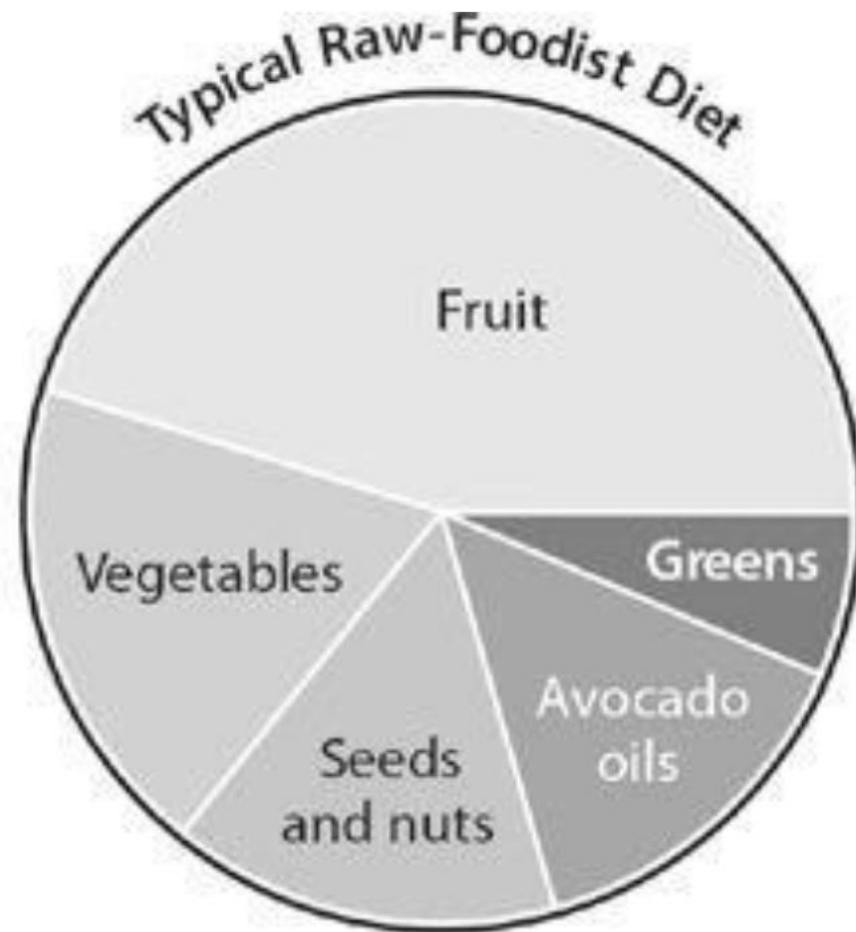
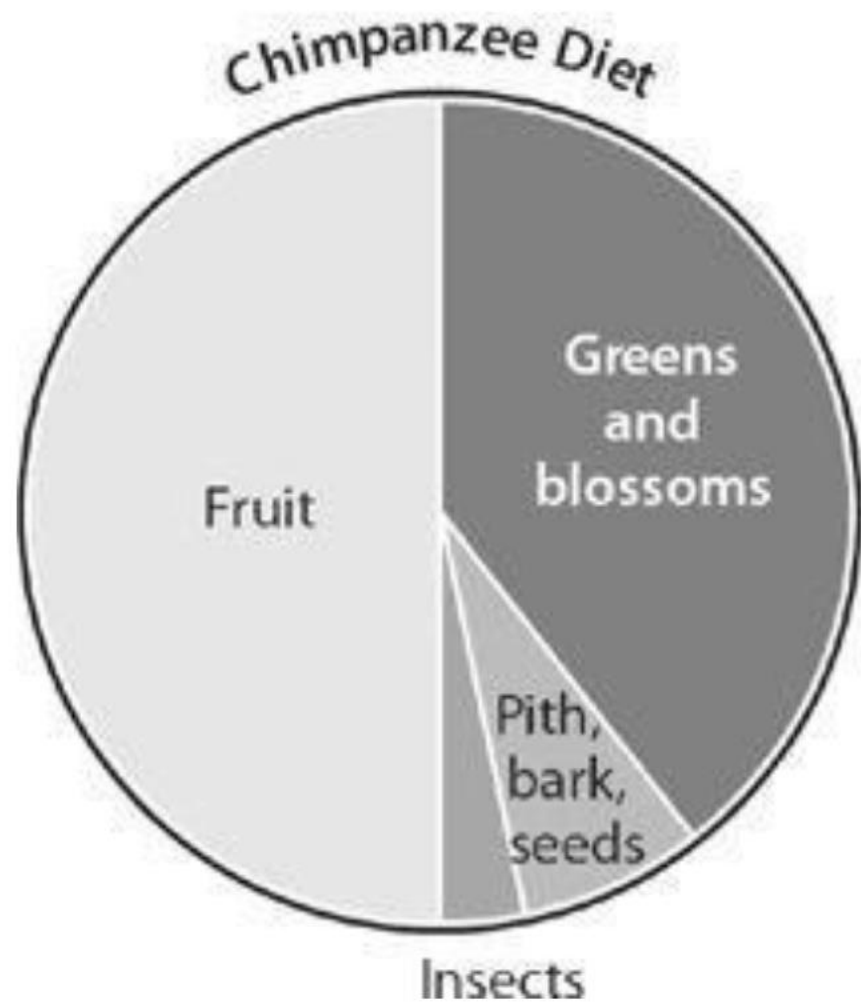
Vitamin D

>30 ng/ml

take 60,000 iu if less 15, take twice

Then once a month





Nutritional Comparison of Roots and Greens

BEETS, 100 grams

Nutrients	Beets	Beet Greens
Calories	43.00	22.00
Protein (g)	1.61	2.20
Fat Total (g)	0.17	0.13
Carbohydrate (g)	9.56	4.33
Fiber – Total (g)	2.80	3.70
Sugar – Total (g)	6.76	.50
Calcium (mg)	16.00	117.00
Iron (mg)	0.80	2.57
Magnesium (mg)	23.00	70.00
Phosphorus (mg)	40.00	41.00
Potassium (mg)	325.00	762.00
Sodium (mg)	78.00	226.00
Zinc (mg)	0.35	0.38
Copper (mg)	0.08	0.19
Manganese (mg)	0.33	0.39
Selenium (mg)	0.70	0.90
Vitamin C (mg)	4.90	30.00

I submit that scientists have not yet explored the hidden possibilities of the innumerable seeds, leaves, and fruits for giving the fullest possible nutrition to mankind.

—MAHATMA GANDHI

WHY VEGAN movie by Evolved Campaigns

Movie - Earthlings - WATCH it

What the Health

Superjuiceme

Victoria Boutenko – Greens Can Save Your Life

Green for Life

The Updated Classic on Green Smoothie Nutrition

VICTORIA BOUTENKO

Author of 12 Steps to Raw Foods and Green Smoothie Revolution



Watch Fibre on Food Charts



HOVIS®

— Authentic —

GRANARY®

Original Medium Sliced Brown Bread with added Malted Wheat Flakes

When you've been baking for over 130 years, you learn a thing or two about making great bread. At Hovis® we slowly toast Granary® wheat flakes for the distinctive malty taste in this loaf.

Did you know that Granary® is not a type of bread? It is in fact a brand and a registered trademark of Hovis®.

If it's not Hovis®, it's not Granary®.

INGREDIENTS: Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Original Granary Blend (Granary Malted **Wheat** Flakes (11%), Malted **Barley** Flour, Toasted **Wheat**, Toasted **Rye**), **Wheat** Protein, Yeast, Salt, Vinegar, **Soya** Flour, Granulated Sugar, Caramelised Sugar, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.

ALLERGY ADVICE: For allergens including cereals containing gluten, see ingredients in **bold**.

STORAGE INSTRUCTIONS:

For Best Before date, see bag tie. To keep your loaf at its best, store away from direct sunlight, in a cool, dry place - ideally not in the fridge. Once opened, reseal the bag. If freezing, freeze as soon as possible after purchase. Best within 3 months.

QUERIES OR COMMENTS?

We'd love to hear from you. If you've any questions or comments, please do get in touch.

🌐 www.hovis.co.uk

☎ UK: 0800 022 3394

📠 RO: 1800 937502

✉ The Hovis Team, Hovis Ltd,
PO Box 1529, High Wycombe,
HP12 9ED.

✉ The Hovis Team, Hovis Bakeries
Ireland, Apollo Road, Belfast,
BT1 6LP.

If you are contacting us about a particular loaf, please provide us with the code and date from the bag tie.

NUTRITION INFORMATION

Typical Values	Per 100g	Per Slice 36g	% RI*
Energy	1081kJ 256kcal	389kJ 92kcal	5%
Fat	2.4g	0.9g	1%
of which saturates	0.7g	0.3g	1%
Carbohydrate	46.4g	16.7g	6%
of which sugars	3.4g	1.2g	1%
Fibre	3.7g	1.3g	
Protein	10.3g	3.7g	7%
Salt	1.03g	0.37g	6%
Vitamin B1	0.23mg (21% RI)	0.08mg (7% RI)	

*Reference Intake (RI) of an average adult
(8400kJ / 2000kcal)

This loaf contains 22 slices.

800ge



RECYCLE
WITH PAPER
AT LARGE
SUPERMARKET



Suitable
for





Serving Suggestion

CRUNCH TIME. ENJOY A LIGHT, CRISP & FULL OF FLAVOUR BRITISH BAKED RYVITA SNACK

Since 1925

29 CALORIES PER THIN

BRITISH BAKED

NO ARTIFICIAL PRESERVATIVES

HIGH IN FIBRE

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per Thin (7g)	% RI* Per Thin
Energy	1717 kJ 407 kcal	121 kJ 29 kcal	1%
Fat	5.4g	0.4g	<1%
- of which saturates	0.9g	0.1g	<1%
Carbohydrate	70.8g	5.0g	2%
- of which sugars	3.6g	0.3g	<1%
Fibre**	7.8g	0.5g	2%
Protein	14.8g	1.0g	2%
Salt	1.66g	0.12g	2%

*Reference Intake of an average adult (8400kJ/2000kcal)
Approximately 17 thins per pack
**Measured using AOAC 2009.01 method
For best before and storage instructions see bottom of pack

INGREDIENTS

WHEAT Flour (84%) (WHEAT Flour, Calcium, Niacin, Iron, Thiamin), Wholegrain RYE Flour (8%), Dried Rosemary Pieces (3%), Olive Oil, Sea Salt, Flavour Enhancer (Potassium Chloride), Natural Rosemary Flavouring (0.5%).

Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **BOLD**.

May Also Contain: Milk, Sesame Seeds, Soya.

WHEAT AND RYE FLATBREAD WITH ROSEMARY & SEA SALT

125g e

GOOD INSIDE & OUT, NOW RECYCLABLE

VEGETARIAN FRIENDLY

BOX TRAY FILM

Recycle Recycle Don't recycle at home

5 050974 504130

100% of our Thins are British Baked, however our wheat flour may sometimes come from outside the UK





Each slice (33.3g)

Energy	336kJ/80kcal
Fat	2.7g



HIGH IN FIBRE, HIGH IN PROTEIN
ONLY HALF THE CARBS

Super seeded sliced bread made with linseeds, sunflower seeds and pumpkin seeds

Half the carbs, shouldn't mean half the fun!
When it comes to eating well, enjoying what you eat is most important. It's time to free yourself from compromise.

Our bread is packed with nutritious seeds and baked using soya flour meaning it has half the carbohydrates of regular bread* but the same great taste.

Find out more about LivLife and connect with us...
@livlifebread LivLifeBread



Ingredients: Water, wholemeal wheat flour, wheat gluten, mixed seeds (10.5%) (brown linseed, sunflower seeds, pumpkin seeds), wheat protein, kibbled soya, soya flour, wheat fibre, fermented wheat flour, wheat bran, salt, yeast, fortified wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), malted barley flour, preservative: calcium propionate.

Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. May also contain nuts, sesame, egg and milk.

Storage: Store in a cool, dry place and reseal bag after each use. For maximum freshness once opened transfer to an airtight container.

Freezing: Freeze as soon after purchase as possible and within the best before date. Use within one month. Defrost fully before use. Do not refreeze once defrosted.

Safety: To avoid danger of suffocation, keep this bag away from babies and children.

Best before: See neck tie.

NUTRITIONAL INFORMATION

Typical values	Per 100g	Per Slice (33.3g)
Energy	1018kJ/243kcal	336kJ/80kcal
Fat	8.3g	2.7g
of which saturates	1.0g	0.3g
Carbohydrate	10.2g	3.4g
of which sugars	3.1g	1.0g
Fibre	12.2g	4.0g
Protein	25.9g	8.6g
Salt	1.02g	0.30g

Contains approx. 15 slices
*Regular bread contains on average 40.2g carbohydrates per 100g



OUR BAGS ARE 100% RECYCLABLE
Take this bag to your nearest carrier bag recycling point, often found at larger supermarkets and household recycling centres.

500g e



Baked in the UK, Nicholas & Harris Salisbury SP2 7PU