

Great Taste, Wholesome Ingredients

Just look for the **leaf!**



Our chefs also ensure the Eat Well dishes are a great choice by:

- Using healthier cooking methods including steaming, baking, grilling, boiling or stir-frying
- Excluding high saturated fat products from the recipe (such as butter, cream or cheese)
- Offering at least one portion of vegetables either within the dish or as an accompaniment
- Using Flora Buttery and 1% milk as lower saturated fat alternatives when the dish requires them
- Adding maximum of 0.3g salt per portion, and adding none where the dish already contains ingredients with naturally occurring salt



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