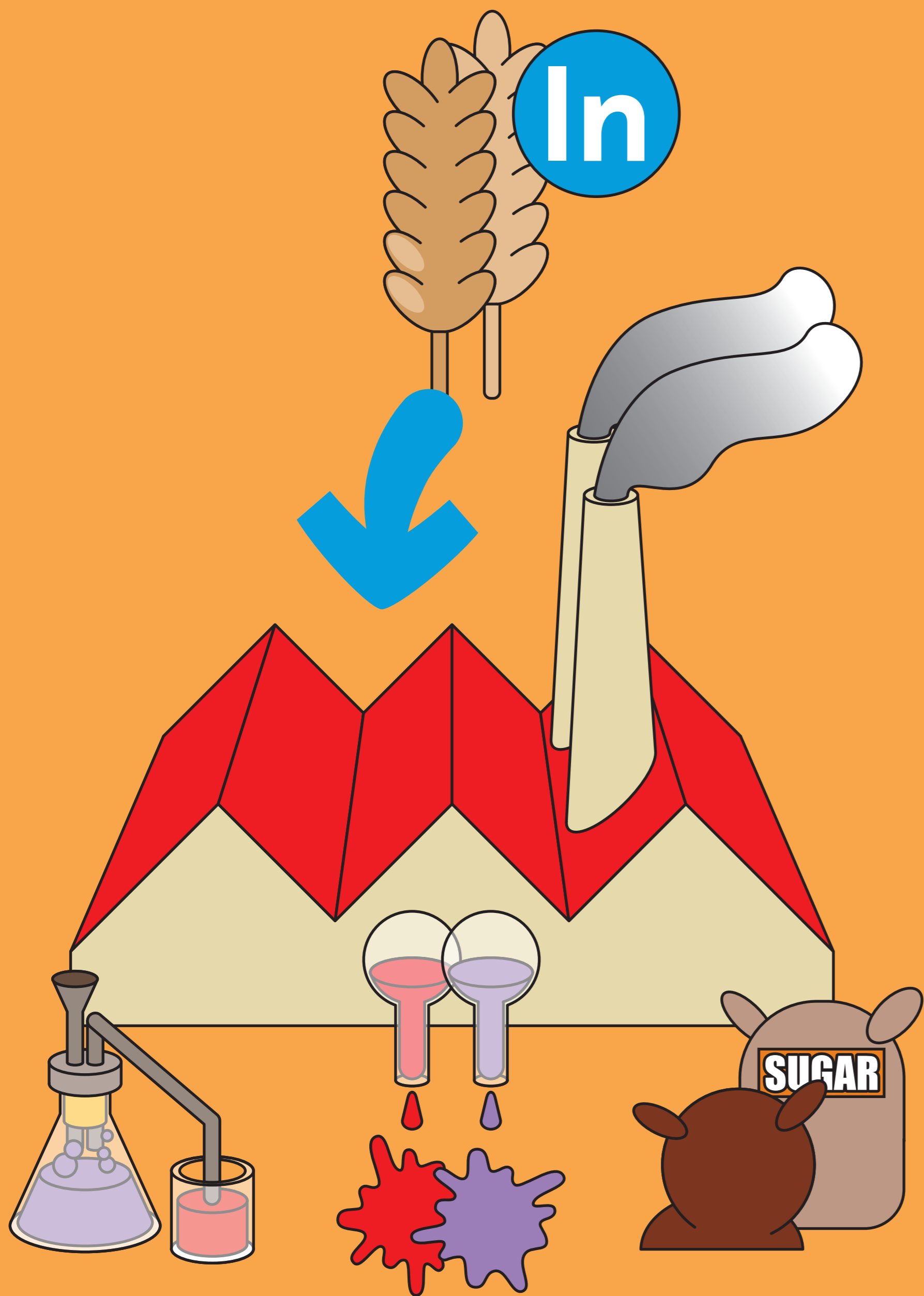


Processed Foods

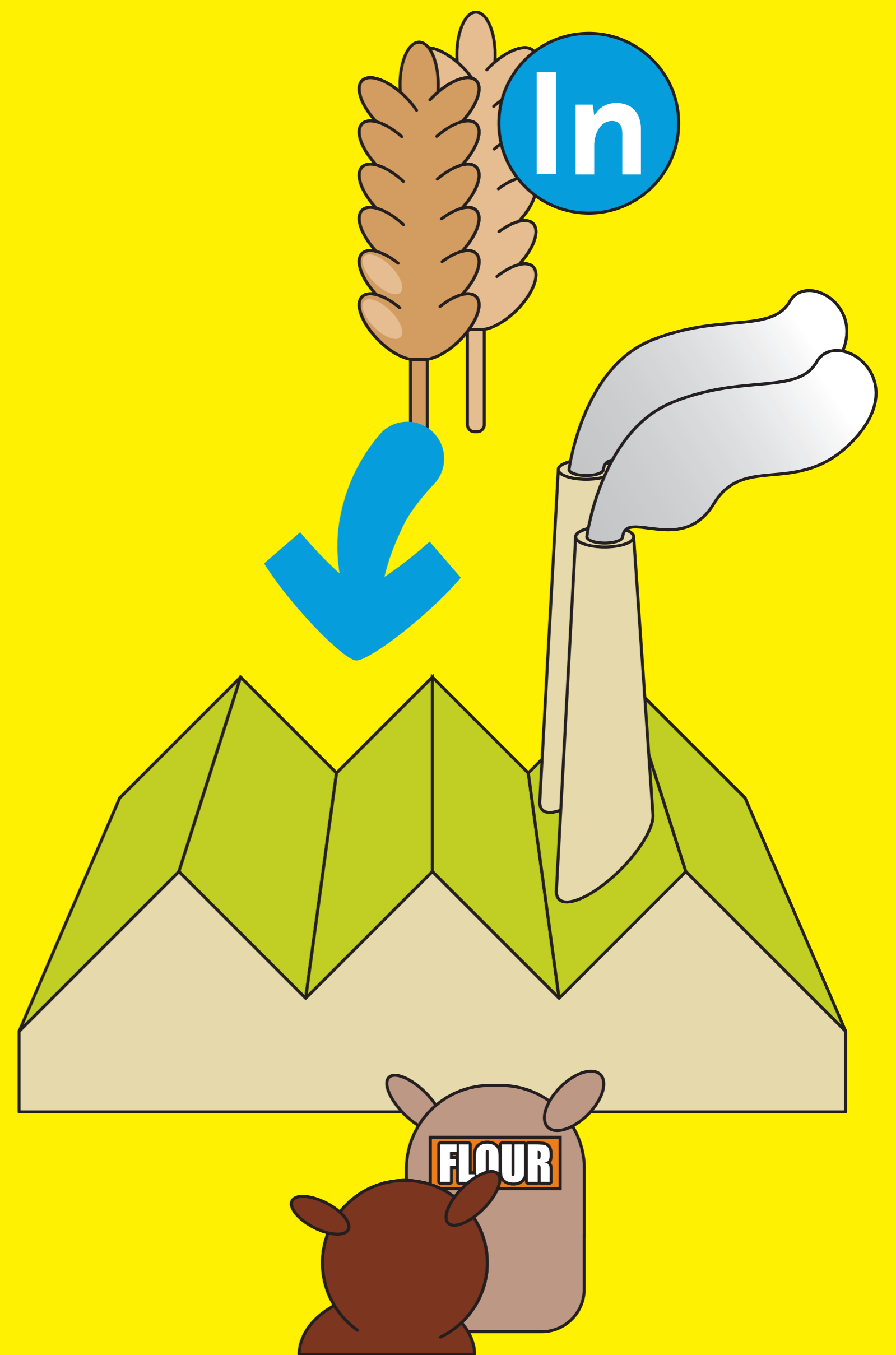


Goodness taken out

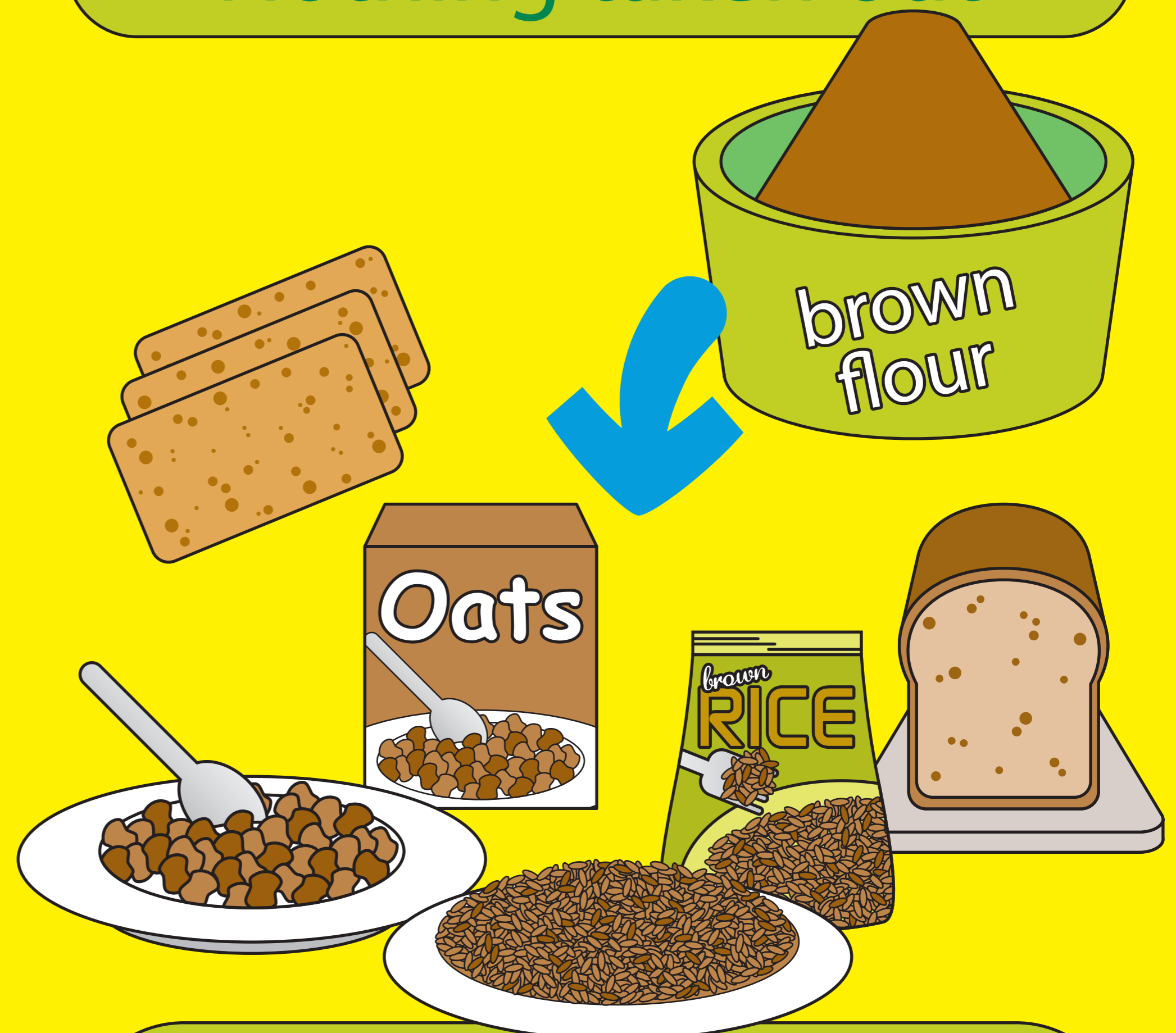


Short burst of energy
Sugary foods
Low fibre
Refined

Unprocessed Foods



Nothing taken out



Long-lasting energy
Fibre, Vitamins
Minerals, Wholegrains
Unrefined