

**Did you know.....**

Tomatoes are one of the best super foods around. As well as protecting you from cancer, tomatoes contain high levels of collagen, which strengthens the body's tendons, ligaments and bone tissues after a hefty session at the gym.



EGGS often get bad press, and quite unnecessarily so. Because whether boiled, scrambled or poached, eggs are full of B vitamins, which boost energy level and help your memory and concentration levels. They are the best thing if you're craving healthy fast food. And if you can, try to buy British and free range products, ideally organic.

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