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**BATCHELORS NUTRITIONAL ADVICE CENTRE**

Please find enclosed the third issue of FOOD FOR THOUGHT.

This magazine has been produced by the Batchelors Nutritional Advice Centre to help promote healthy living within everyday situations. When writing FOOD FOR THOUGHT, we have attempted to incorporate your views and comments, and hope that you like the balance of the news items (Healthy Thoughts), features and competitions.

Another issue of FOOD FOR THOUGHT will follow in a few months time, if you do not wish to receive any further information from us, or your address details are incorrect, please do contact us! either by calling the Centre on 0345 581215, or by writing to us at the Freepost address. PLEASE QUOTE YOUR REFERENCE NUMBER ON ALL CORRESPONDENCE, (this is printed on your address label).

We do hope you find FOOD FOR THOUGHT an interesting and enjoyable read, however if you have any comments or suggestions for future issues, please do write and let us know!

Yours sincerely

Carolyn Roe  
BATCHELORS NUTRITIONAL ADVICE CENTRE

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