

Healthy eating with Batchelors / Batchelors Nutritional Advice Centre.

Contributors

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HEALTHY EATING WITH

Batchelors

Batchelors can give a helping hand towards a healthier lifestyle, with its range of delicious and convenient foods, and can help to give your everyday family cooking a touch more sparkle!

Choose from a host of wholesome and tasty foods from *Batchelors* to create tempting meals for all your family:



- The convenient range of Peas, Beans and Bean Salads provide versatile nutritious ingredients and accompaniments to any meal.
- Batchelors Savoury Rices, SuperNoodles and Pasta'n'Sauce come in a range of exciting varieties and can be quickly prepared as an easy and tasty alternative to potatoes.
- Take time out with a delicious warming Cup a Soup. Batchelors Instant Soups come in 46 different varieties to tempt you. Batchelors range of packet soups are ideal for a light nutritious lunch for all the family.

Many of the *Batchelors* range of products carry the Vegetarian Society symbol of approval.



To obtain **FREE** recipes and ideas on healthy eating with *Batchelors*, see overleaf.....

The Batchelors Nutritional Advice Centre is a central source of information on healthy eating for all the family.

Each leaflet comes with a suggested 5-day menu plan and recipes.
(All are written by a qualified and experienced Nutritionist)

There are six leaflets in the "Healthy Eating" series available:

- Sensible Slimming
- Stress and your Diet
- Healthy Eating for Vegetarians
- Healthy Eating at an Early Stage
- Healthy Eating for Teenagers
- Healthy Eating in Retirement



Information is available **FREE** by writing to:

Batchelors Nutritional Advice Centre
FREEPOST
PO Box 248
Dartford
Kent DA1 1UF

or telephone 0345 581215
(all calls in the UK charged at local rate)