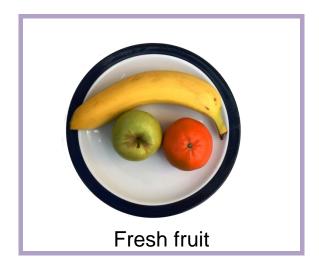
Healthy Eating

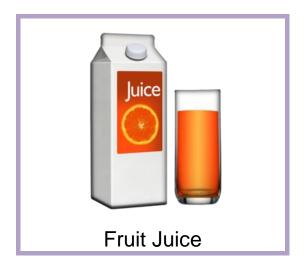


Easy Read

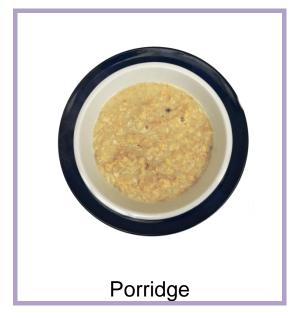
NHS Grampian ALD Dietetics Service

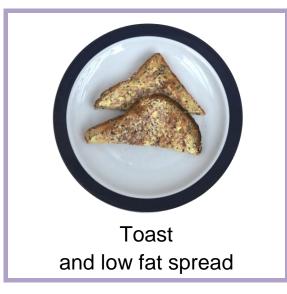
Breakfast Ideas





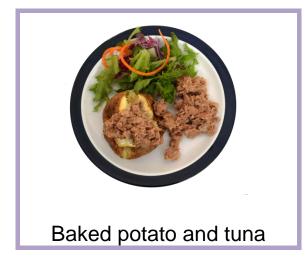


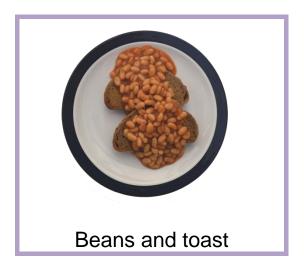


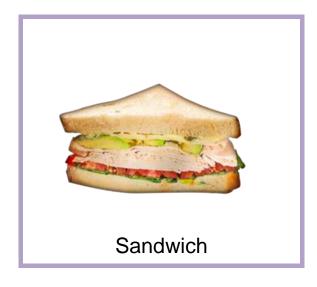


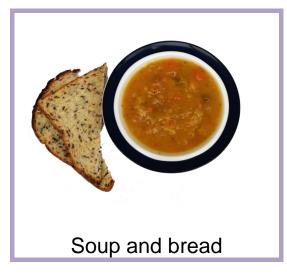


Light Meal Ideas

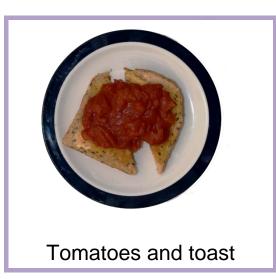












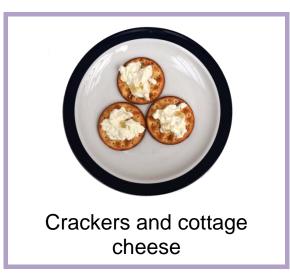
Light Meal Ideas







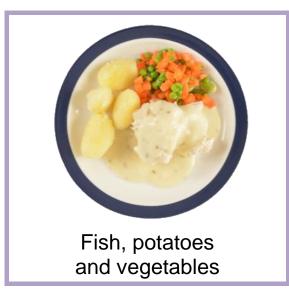




Main Meal Ideas













Main Meal Ideas













Pudding Ideas



