

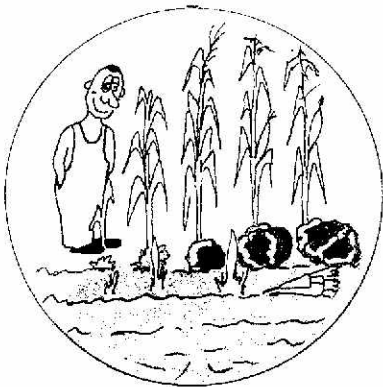
Ukudla Ukudla Okunempilo



**Thokozela
izinhlobonhlobo
zokudla**



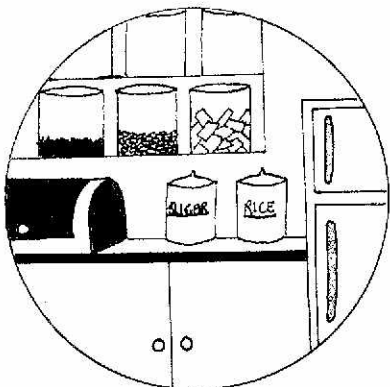
**Yidla
ukuhlangabezana
nezidingo zakho
Izingane zinesidingo
ezisipesheli zokudla**



**Ukuhlanyela
okwakho ukudla
kungezela
ezinhlobonhlobeni
zokudla okukhona**



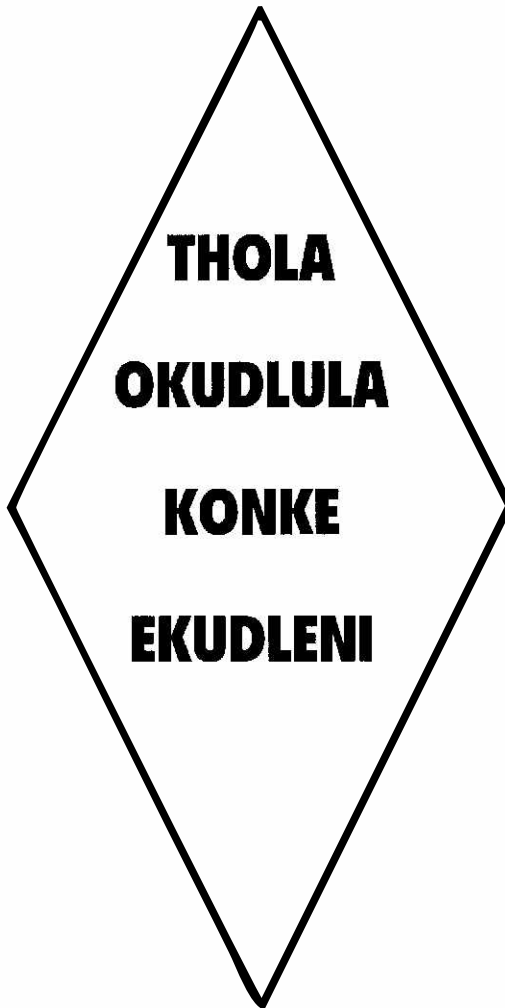
**Ukudlala kuyasiza
empilweni**



**Vikela ukulondaka
kwekhwalthi
ekudleni kwakho**



**Amanzi ahlobile
ayisidingo empilweni**



This is a Food Advisory Consumer Service educational poster.

For information on FACS refer to: www.foodfacts.org.za or write to FACS at PO Box 27852, Sunnyside. 0132