

FLORA pro-activ⁺
ACTIVELY LOWERS cholesterol

FAT SWAPS WHEEL

- For heart health, it is important to choose the right types of fat in your diet
- Experts recommend swapping foods high in **BAD FATS** (saturated) with foods high in **GOOD FATS** (monounsaturated and particularly polyunsaturated)
- This wheel can help you make heart healthy swaps
- For more information on healthy recipes, diet and lifestyle, please visit floraiproactiv.co.uk or floraiproactiv.ie

■ BAD FAT
■ GOOD FAT

SEVING SIZE



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