



**Your fantastic body
will take you everywhere!
Take good care of it!**

**You depend on your body
and your body depends on
you!!!**

so eat well:

- **fresh fruits**
- **fresh vegetables**
- **whole grains**
- **legumes**
- **nuts**
- **lean proteins**



Mona Nemmer, 3 years at Bayern Munich and is now planning nutrition at Liverpool football club - here she is discussing the footballers' menu with their chef. The club say that nutrition has been a game changer for their success.

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