

Say hello to a healthier gut. Wholegrains are packed with fibre that helps your gut work better.

FEEL-GOOD FOOD



What's on your plate? Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

ient:	HEAPR1290_Wholegrains Sec Sch KV	s_W420xH594mm
ion:	Size: 420mm(W) x 594mm(H) Scale: 1	:1

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	-	Copywriter:	Amabel Pai / Jodie Cheng	Project Manager: -	Sharon	Jackie/Terry



Not all carbohydrates are created equal. Wholegrains provide slow-release energy that keeps you charged and active for longer. No more food comas and energy crash.

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		Job No./Client: HEAPR1290_Wholeg	rains Sec Sch KVs_W420xH	594mm	Creation Date: 20 Oct 2021	Sign off Date:	Sign off by Client:	
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		-	-	Amabel Pai / Jodie Cheng	-	Sharon	Jackie/Terry	

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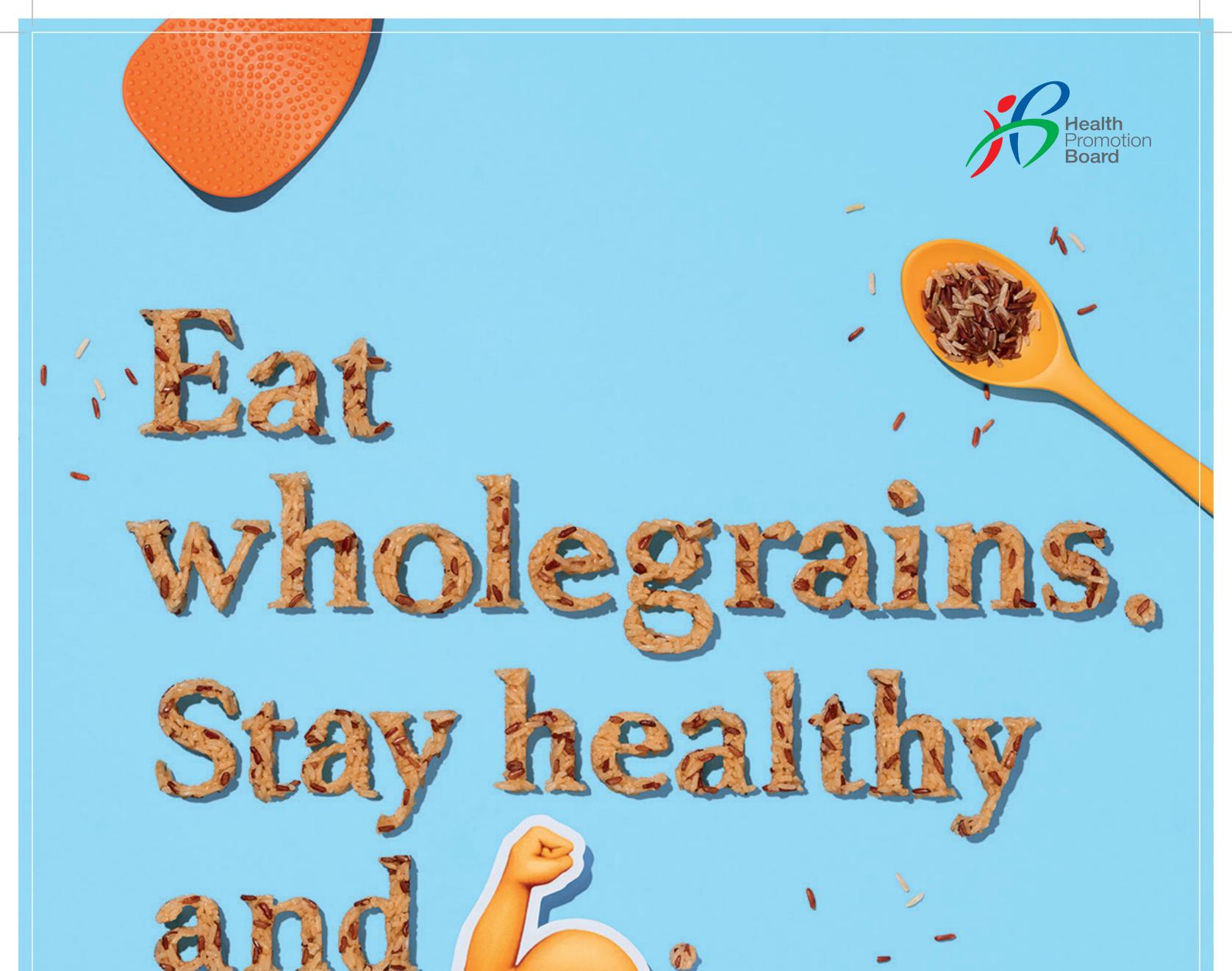


What's on your plate? Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables. Did you know that eating wholegrains can lower your risk of heart diseases? Plus, the additional fibre helps you to keep a healthy weight too.

FEEL-GOOD FOOD

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🥾 Prodigious	Agency: Publicis Singapore	Media/Colour: A2 Poster / 4C	Size: 420mm(W) x 594mm(H)	Scale:	Submission Date:	Insertion Date:
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	-	-	Amabel Pai / Jodie Cheng	-	Sharon	Jackie/Terry

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brand logistics™	Art Director: -	Copywriter:	AS: Amabel Pai / Jodie Cheng	Project Manager: -	Studio Artist: Sharon	Print Production: Jackie/Terry

HEAPR1290_Wholegrains Sec Sch KVs_W420xH594mm Size: 420mm(W) x 594mm(H) Scale: 1:1