

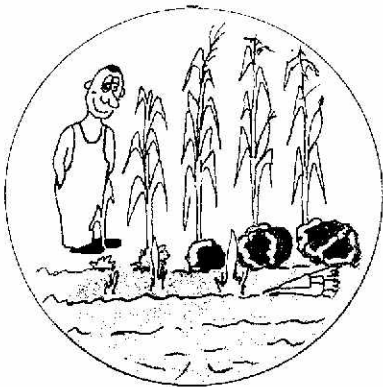
# Ukudla Ukudla Okunempilo



**Thokozela  
izinhlobonhlobo  
zokudla**



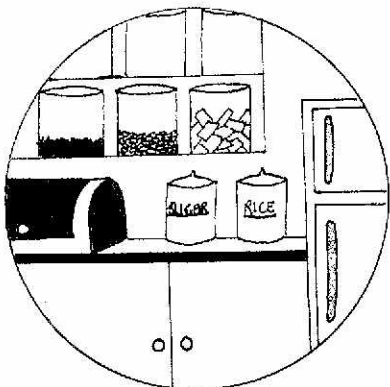
**Yidla  
ukuhlangabezana  
nezidingo zakho  
Izingane zinesidingo  
ezisipesheli zokudla**



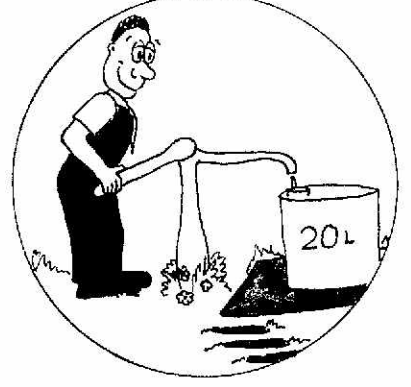
**Ukuhlanyela  
okwakho ukudla  
kungezela  
ezinhlobonhlobeni  
zokudla okukhona**



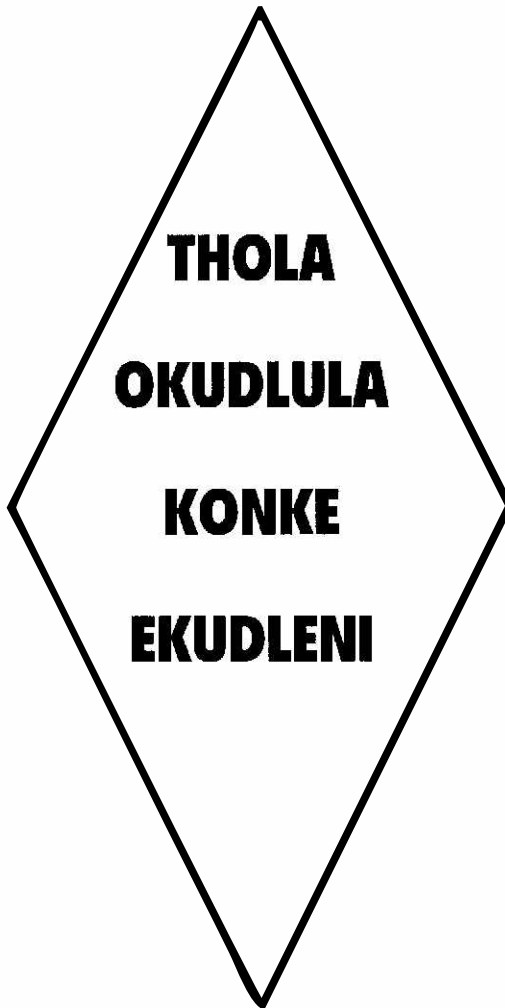
**Ukudlala kuyasiza  
empilweni**



**Vikela ukulondeka  
kwekhwalithi  
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](http://www.foodfacts.org.za) or write to FACS at PO Box 27852, Sunnyside. 0132