

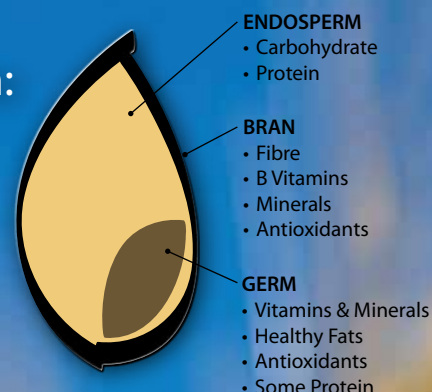
The scientific **evidence** is stacking up that **wholegrains** play a vital part of any balanced **diet**. . . with **good** reason.

Recent studies have shown that wholegrains not only promote good general health, but also can reduce the risk of developing Heart Disease, Type 2 Diabetes and some forms of cancer.

A high dietary intake of wholegrain can help reduce weight gain and decrease the risk of becoming overweight.

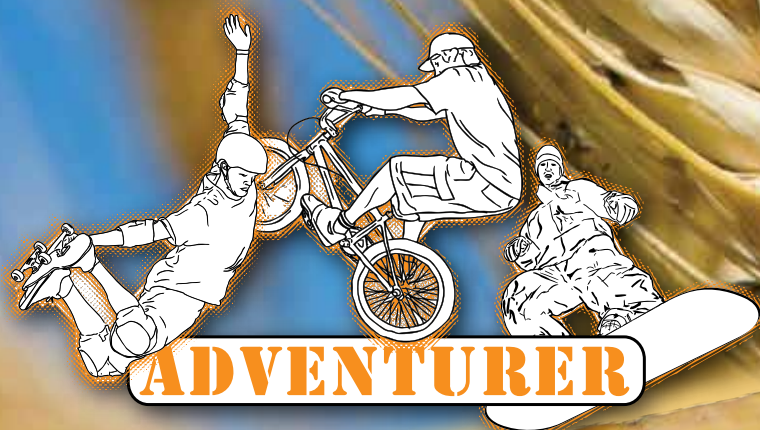
Wholegrains contain:

- Fibre
- Minerals
- Vitamins
- Antioxidants



The Good Tucker **Adventurer '9G' Lean Beef Pie** is made with the goodness of Wholegrains in it's **innovative '9 Grains & Seeds pastry'** and is a Reduced Salt, Reduced Fat, Lean Beef Pie and yes. . . it's 100% Aussie Beef.

Adventurer Lean Beef Pie in regular pastry also. . . Yummy!



LEAN BEEF PIE RANGE



so... go for the goodness of wholegrains
Give 'em the best - give 'em Good Tucker - they deserve it!