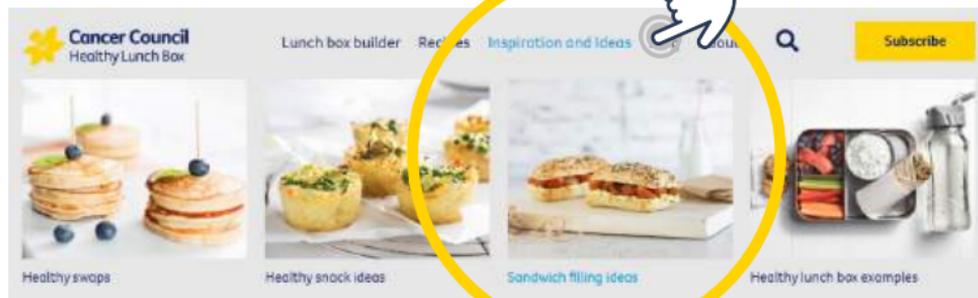


Nutrition Snippet

DITCH THE HAM SANDWICH.

Click on our [sandwich filling ideas](#) tab for lots of healthier alternatives



Read more about why we need to limit ham at healthylunchbox.com.au

For this and more visit:
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