



Good food is important for your health!

WHAT FOOD?



GRAINS

Grains such as maize, wheat, rice, millet and sorghum, and roots and tubers such as cassava and potatoes.



BEANS AND LENTILS

Beans, lentils, peas, groundnuts and seeds such as sesame.



FRUITS AND VEGETABLES

Vitamin A-rich such as mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin
and other fruits and vegetables such as banana, pineapple, avocado, watermelon, tomatoes, eggplant and cabbage.



ANIMAL-SOURCE FOODS

including foods such as meat, chicken, fish, liver and eggs and dairy products.



OIL AND FAT

such as oil seeds, margarine, ghee and butter improve the absorption of some vitamins and provide extra energy.

Ensuring a good mix with several of these foods at each meal will result in a healthy diet.

Talk to a health care provider you trust at your workplace or in your community

CALL: +00 123 456 789 - 00 · MAIL@HEALTHYWORKER.COM