



Eat healthy, stay healthy!

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What **FOOD HABITS** help keep **WOMEN WORKERS** healthy?

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- EAT 3 MEALS EVERY DAY
- IF PREGNANT OR BREASTFEEDING EAT TWO EXTRA SMALL MEALS
- DRINK WATER REGULARLY, WHENEVER YOU ARE THIRSTY
- EAT A VARIETY OF FOODS EACH DAY, PARTICULARLY ANIMAL PRODUCTS AND FRUITS AND VEGETABLES
- TAKE NUTRITIONAL SUPPLEMENTS LIKE IRON AND VITAMIN C TO PREVENT ANEMIA



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

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