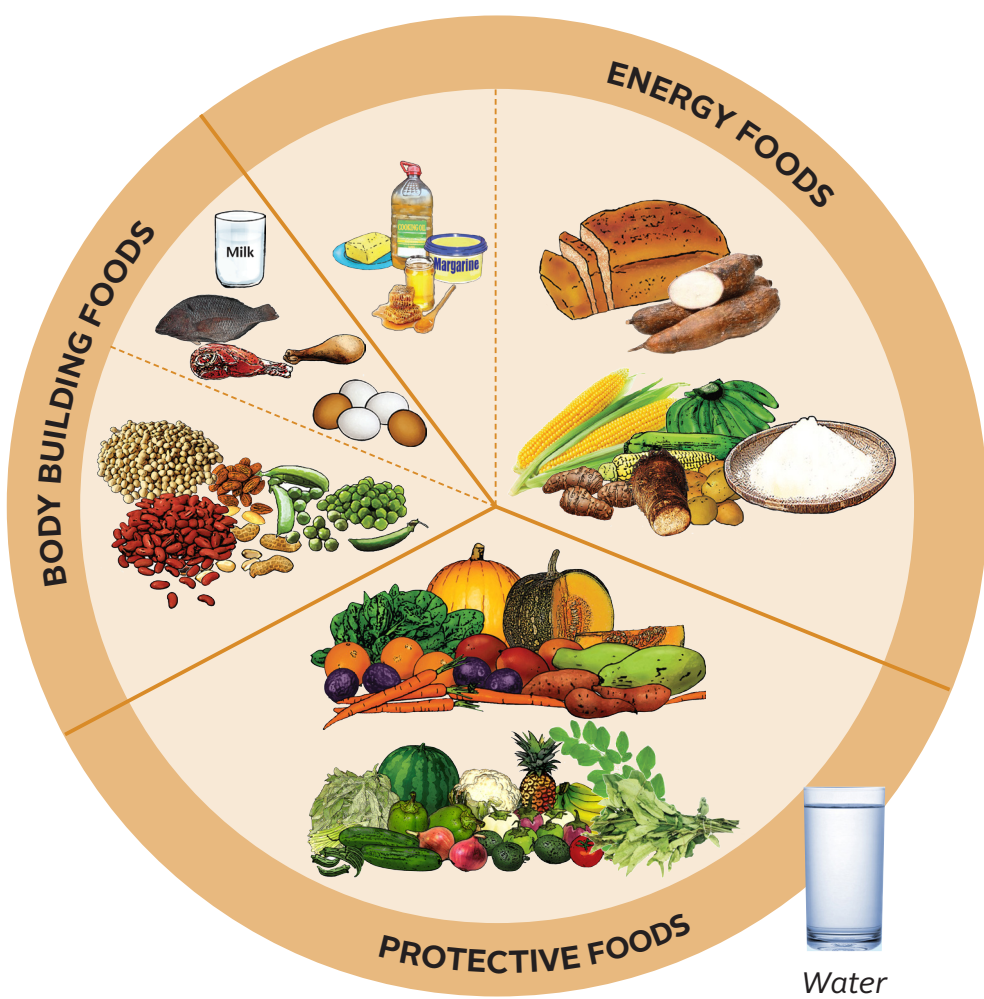


IMPROVE YOUR HEALTH WITH NUTRITIOUS FOODS

A HEALTHY PERSON OF NORMAL WEIGHT SHOULD EAT FOODS IN THIS PROPORTION:



EVERYONE SHOULD:

- Eat a colorful variety of foods every day.





Choose fresh, locally available options from each group.

Drink lots of boiled or treated water.
- Avoid food and drinks that can harm you:

 - packaged “junk” foods
 - sugary drinks
 - alcohol
 - foods heavy in fat and salt



YOU SHOULD EAT:

					
NUTRITIONAL STATUS:	PROTECTIVE FOODS	BODY BUILDING FOODS	BODY BUILDING FOODS	ENERGY FOODS	ENERGY FOODS
	<i>Fruits & vegetables: dark green leaves, mango, pumpkin, etc.</i>	<i>Plant protein: beans, lentils, groundnuts, peas.</i>	<i>Animal protein: meat, chicken, fish, liver, eggs, milk.</i>	<i>Maize, wheat, rice, cassava, potatoes, bread, coconut.</i>	<i>Vegetable oil, margarine, butter, honey</i>
SEVERELY MALNOURISHED	↑	↑↑	↑↑	↑↑	↑↑
Your body is not getting enough nutrients for basic bodily functions. You need medical and nutrition support.					
	• Eat more foods from each of the food groups every day, especially extra protein and energy foods.		• Take supplements and therapeutic foods as prescribed. • Get adequate rest.		
MODERATELY or MILDLY MALNOURISHED	↑	↑	↑	↑	↑
You are under weight and lack nutrients for good health. You need nutrition support.					
	• Eat more foods from each of the food groups every day, especially extra protein and energy foods.		• Take supplements and therapeutic foods as prescribed. • Get adequate rest.		
NORMAL WEIGHT	→	→	→	→	→
Your weight is in the normal range and you are getting adequate nutrients to sustain basic bodily functions.					
	• Eat a variety of healthy foods from each of the groups, daily.			• Maintain regular exercise and adequate rest.	
OVERWEIGHT	↑	↑	→	↓	↓
Your weight is unhealthy. You are at risk for many health problems.					
	• Eat more vegetables and fruits. • Eat low-fat protein foods such as fish and legumes. • Eat less energy foods, including fats and oil.			• Avoid sugars, sweet drinks, and excessive salt. • Increase level of activity with regular exercise and walking.	
OBESE	↑	↑	→	↓↓	↓↓
Your weight is very unhealthy. You are at high risk for diseases such as diabetes, heart disease, and high blood pressure.					
	• Eat more vegetables and fruits. • Eat low-fat protein foods such as fish and legumes. • Eat less energy foods, including fats and oil.			• Avoid sugars, sweet drinks, and excessive salt. • Increase level of activity with regular exercise and walking.	