**IMPROVE YOUR HEALTH WITH NUTRITIOUS FOODS**

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

<table>
<thead>
<tr>
<th>NUTRITIONAL STATUS:</th>
<th>PROTECTIVE FOODS</th>
<th>BODY BUILDING FOODS</th>
<th>ENERGY FOODS</th>
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<tbody>
<tr>
<td>MODERATELY or MILDLY MALNOURISHED</td>
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<tr>
<td>NORMAL WEIGHT</td>
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<td>OVERWEIGHT</td>
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<td>OBESE</td>
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**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:**

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- Take supplements and therapeutic foods as prescribed.
- Get adequate rest.

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- Eat a variety of healthy foods from each of the groups, daily.
- Maintain regular exercise and adequate rest.

- 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.

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