

OUR BODY NEEDS NUTRITIOUS FOODS
EVERY DAY. EAT THEM TODAY!



AVOCATO:

CONTAINING NATURAL
HEALTHY FATS, OMEGA 3
FATTY ACIDS AND
PROTEINS, VITAMINS
AND MINERALS.

CUCUMBER

THEY ARE RICH IN
PHYTONUTRIENTS
AND VITAMIN 'K'.
THEY ARE 96%
WATER. THIS MAKES
THEM AN IDEAL
CHOICE FOR DETOXIFICATION.

KALE

DUE TO ABUNDANT
PRESENCE OF VITAMIN
'B6', 'C', CALCIUM AND
COPPER, IT IS
CONSIDERED A
NUTRITION SUPERSTAR.

BRUSSELS

THEY'RE
CROUETS: LOW IN CALORIES
AND RICH IN PROTEINS.

BROCCOLI:

WITH AN ARRAY OF 'B'
VITAMINS, FOLIC ACID, IRON, CALCIUM
AND NUMEROUS OTHER VITAMINS.

BALANCED DIET

- **Protein Sources**
Include a mix of Protein sources
- **Healthy Fats**
Consume Unsaturated fats.
- **Limit Added Sugar and salt**
Minimize Sugary snacks.
- **Hydrate**
Drink plenty of water.
- **Include Dairy or Alternatives**
Dairy Products provide calcium and Vitamin D.
- **Fruits and Vegetables**
Aim for at least 5 servings of fruits and vegetables daily.
- **Plan Ahead**
Plan your meal and snacks.



BALANCED DIET

- **Variety is Key**
Include a wide range of foods from different food groups. Each group provides essential nutrients. Aim for a colorful plate with fruits, vegetables, whole grains, lean proteins and healthy fats.
- **Portion Control**
Be mindful of portion sizes.
- **Choose Whole Grains**
Opt for whole grains like brown rice, quinoa, oats, and whole wheat bread.



BALANCED DIET

