

HEALTHY DIET

Healthy Plate Should Have

Plenty of fruits and vegetables. Eat at least 5 portions every day

Choose whole grain or higher fiber versions with less added fat sugar and salt



Eat less often and in small amounts as these snacks are too salty and fried

Protein rich foods
Eat more beans and dals, 2 portions of fish per week. Eat less red and processed meat

Choose low fat or low sugar options

Choose water as a choice of drink at home and in restaurants

