

CONSUME A HEALTHY DIET DAILY

**Eating Healthy Builds Immunity,
Prevents Diseases and Maintains Good Health.**

There are different food groups as shown below. Consume foods from a minimum of 4 to 5 food groups daily chosen from these groups.

Grains and grains product, roots tubers and green banana



Legumes, Pulses



Nuts, seeds



Dairy/milk products



Eggs



Meat, fish, poultry, insects, organ meats



Orange, yellow fruits and vegetables



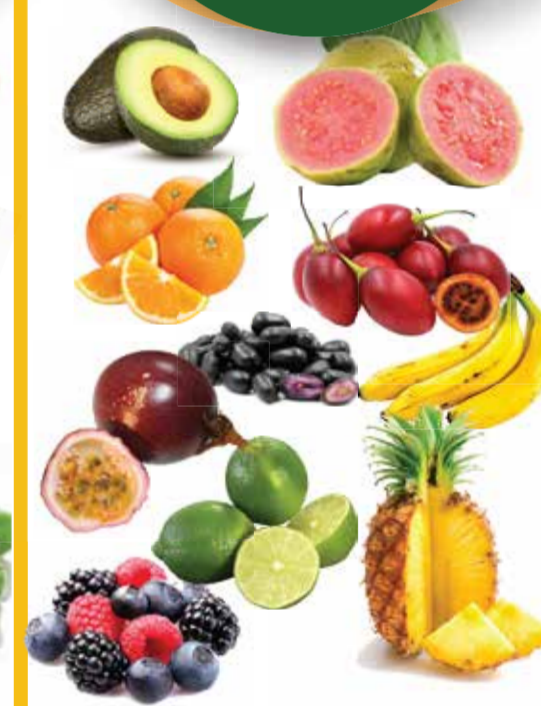
Dark green leafy vegetables



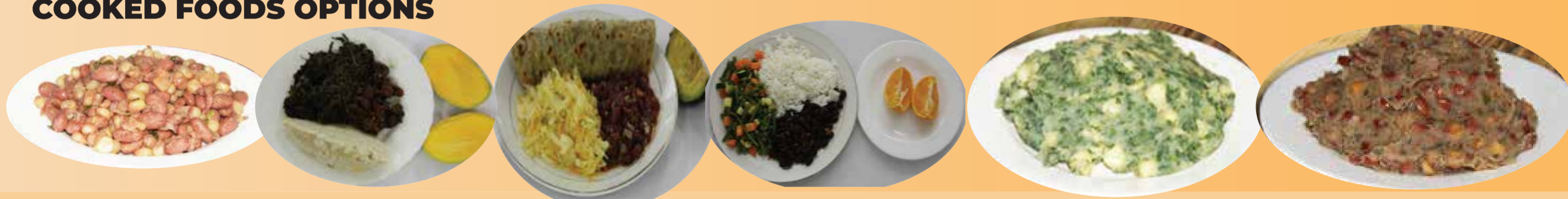
Other vegetables



Other fruits



COOKED FOODS OPTIONS



Eat a variety of foods within each food group and across all the food groups. Consume plenty of safe water throughout the day.

Avoid or reduce the consumption of highly refined, processed foods, sweets and sugar sweetened/flavoured drinks or beverages; They have little nutrition value and contain high amounts of unhealthy fats, sugar and salt.



BUILDS IMMUNITY, PREVENTS DISEASES AND MAINTAINS GOOD HEALTH

For further information please contact Head, Division of Nutrition and Dietetics.

Call 719 or dial *719#

headnutrition.moh@gmail.com

www.health.go.ke, www.nutritionhealth.or.ke

@MoH_Kenya, @spokespersonGOK