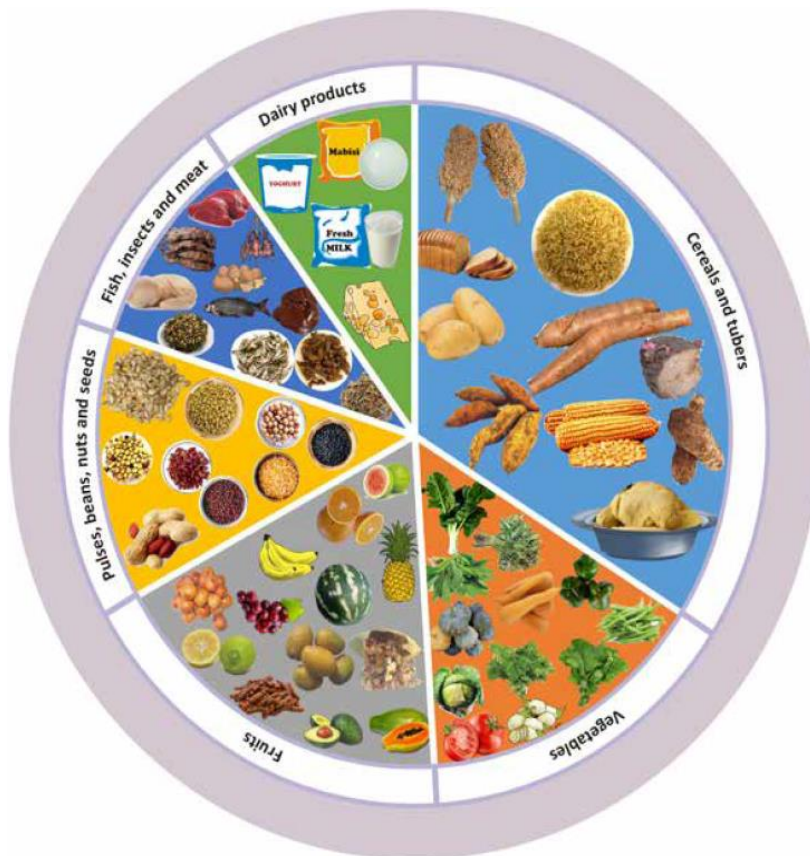


Food Groups and Diversity



HEALTHY PRACTICES

- 1** **Throw away grains and legumes that are mouldy** because they are not safe for people and animals to eat. They can cause cancer and affect child growth.
- 2** **Wash your hands with soap and clean, safe water before handling food**, and wash food before preparation or eating to prevent diseases such as diarrhoea and worm infestation.
- 3** **Engage in physical activities at least 30 minutes every day.** Choose activities that you enjoy and can do regularly at home and at work, such as walking, carrying out household activities or playing to avoid being overweight and to maintain a healthy heart.

- **Limit the use of fat and oils. Use less oil when cooking your and family foods.**
- **Use salt in moderation when eating or cooking your and family food.**



EAT MORE

Eat different types of food from each of the six food groups every day to stay strong and healthy.

The six food groups are

- Cereals , starchy roots and tubers
- Vegetables
- Fruits
- Fish, insects and animal source foods
- Dairy
- Legumes, pulses and nuts

Whole or milled grains (cereals) and starchy roots/tubers

as part of your meals every day for a healthy heart and weight.

Aim for **4 servings per day** of whole cereals and starchy roots/ tubers (about 560 g)



Vegetables of different types and colours

every day to provide your body with vitamins, minerals and roughage to prevent diseases.

Aim for **3 servings per day** of raw vegetables (about 230 g or 1.5 cups cooked or 3 cups uncooked)



Different coloured fruits

every day to provide your body with vitamins and minerals to prevent diseases.

Aim for **2 servings of fruit per day** (about 300 g or two medium size fruits like bananas or oranges or two cups of cut fruit)



Beans, cowpeas, groundnuts, or other nuts

daily to maintain good health. All these foods are rich sources of protein and a good substitute for meat.

Aim for **2 servings of nuts and seeds per day** (about 180g [1 cup] cooked pulses or 60 g [6 tablespoons] nuts and seeds or a mix of 90 g [9 tablespoons] of pulses and 30 g [3 tablespoons] nuts and seeds).



Chicken and other poultry, fish, eggs, insects or caterpillars

every day to build and repair your body.

Aim for **1 serving per day** (about 50 to 115 g depending on the food selected from the food exchange list).



Milk and milk products (like yogurt, sour milk, cheese)

every day for strong bones.

Aim for **1 serving per day** (about 245 g)



* If milk is not available, eat calcium-rich foods such as moringa, amaranthus, cowpeas leaves, cassava leaves, baobab fruit or leaves, tamarind leaves, kapenta and small fish eaten with bones.

