



HEALTH TIP:

Eating Healthy



Guidelines for healthy eating for children :

Enjoy a variety of foods.

Drink Lots clean ,safe water.

Make starchy food part of most meals.

Eat plenty of vegetables and fruit.

Eat dry beans ,split peas ,lentils and soya regulary.

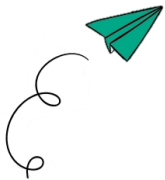
Fish, chicken,lean meat or eggs can be eaten every day.

Have milk ,maas or yogurt every day.

Use salt and food high in salt sparingly.

Use sugar and food and drinks high in sugar sparingly.

Be active!



By Chef Diana

