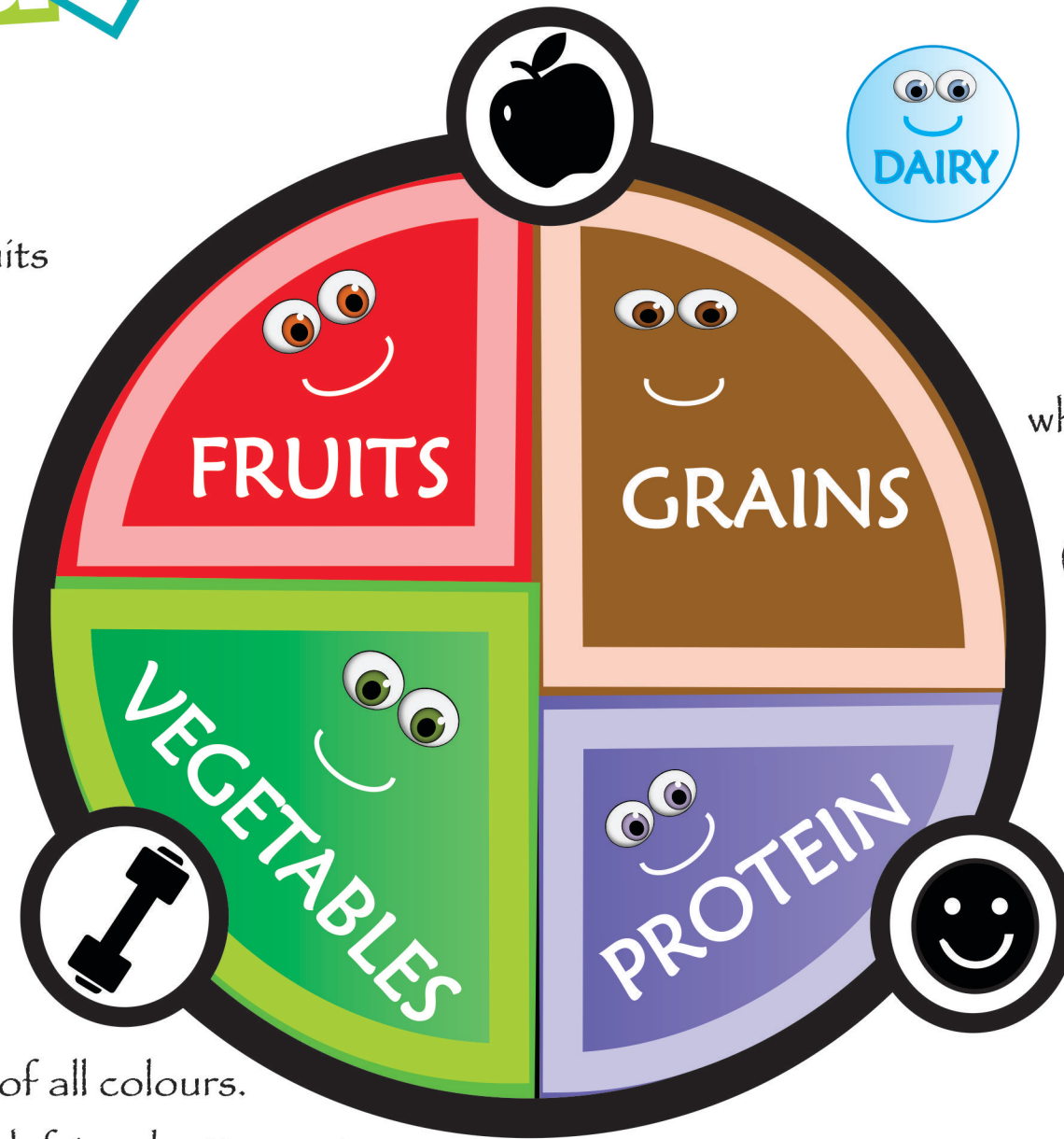






Eat plenty of fruits


Eat lots of veggies of all colours.
Potatoes and French fries don't count




Choose from milk products
such as yoghurt or lassi


Eat a variety of whole grains
(e.g.. Whole-wheat bread,
whole-grain pasta and brown rice).
Limit refined grains
(like white rice and white bread)


Choose fish, poultry,
beans and nuts.
Limit red meats.
Avoid cold cuts
and processed meats

FOOD PLATE