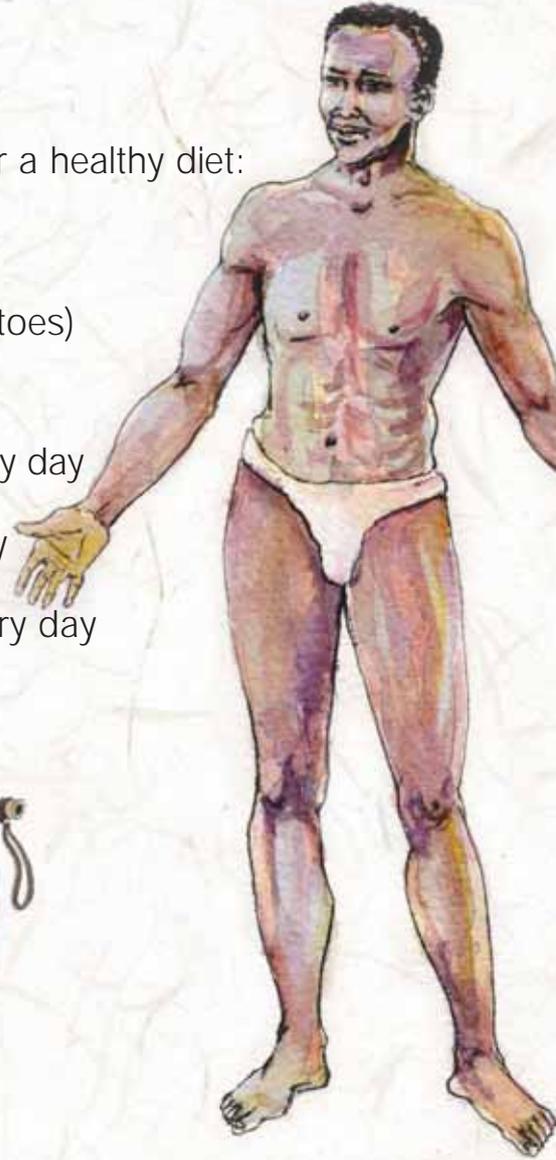


# HEALTHY EATING

With healthy soils, we can grow food for a healthy diet:

- Enjoy a variety of foods
- Make starchy foods (rice, maize, potatoes) the basis of most meals
- Eat plenty of fruits and vegetables every day
- Eat legumes (beans and peas) regularly
- Foods from animals can be eaten every day
- Use fat sparingly
- Use salt sparingly
- Drink lots of clean, safe water



**Energy foods:** Rice, bread, potatoes, millet, maize, fat and oils



**Body-building foods:** Protein – beans, nuts, meat, fish, eggs, milk



**Vitamins and minerals:** There are lots in fruit and vegetables!



## **BREAST IS BEST!**

Fortunately, most women breastfeed their children. In more industrialised countries, bottle-feeding has become more popular, that is, until recently. Now, scientific evidence that breast milk is best is changing mothers' minds. Babies fed breast milk are healthier than those fed powdered or tinned milk. It seems obvious. Human breast-milk is the perfect food for human babies!

