

NUTRITIOUS FOOD

01.

FRUITS AND VEGETABLES

Fruit and vegetables are rich in vitamins, minerals and fiber which are important for body health.

02.

WHOLE WHEAT

Whole grains such as oats, quinoa and brown rice are high in fiber, B vitamins and minerals.

03.

LEAN PROTEIN

Sources of lean protein include chicken, fish, nuts and tofu.

04.

HEALTHY FATS

Healthy fats such as those found in avocados, nuts, seeds and olive oil.

05.

NUTS AND SEEDS

Nuts and seeds such as almonds, chia seeds, and sunflower seeds are rich in protein, fiber, and healthy fats.

