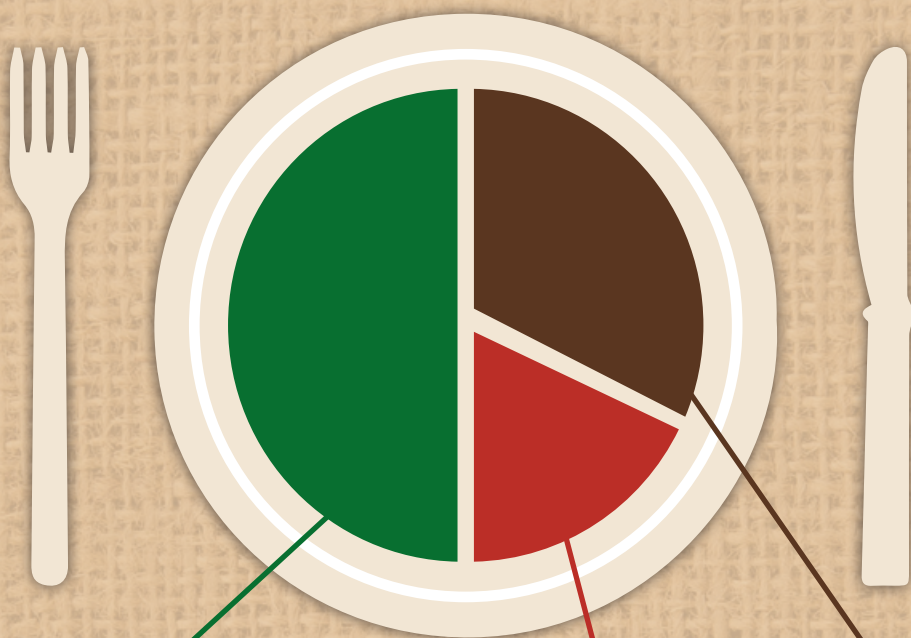




Pacific
Community
Communauté
du Pacifique

My Healthy Meal

Eat a variety of foods from the 3 food groups
Choose fresh local products



Protective Foods



Include vegetables
and fruits in at least
2 meals/day

Body Building Foods

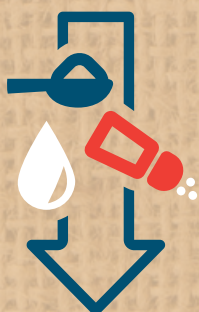


Select low fat
protein foods

Energy Foods



Choose starchy
and wholegrain
staples



Choose and prepare
foods with less salt,
fat and sugar