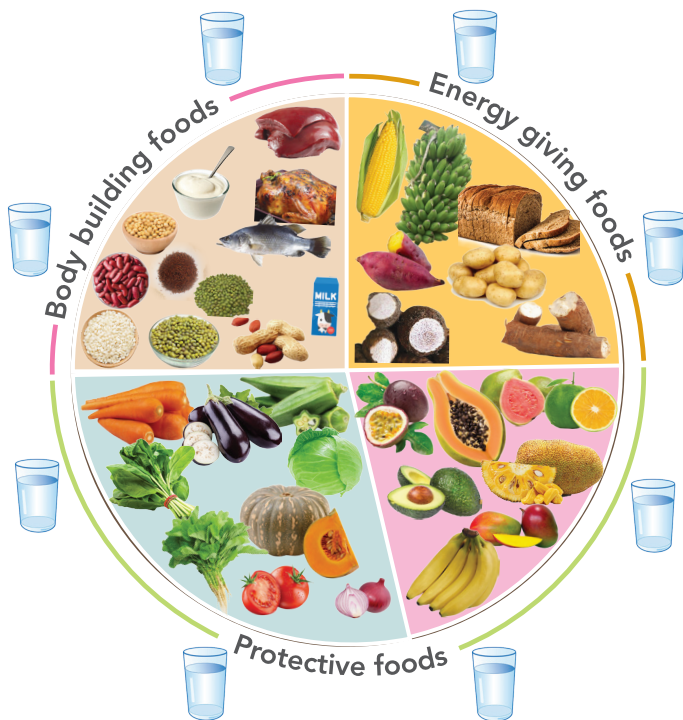


## The healthy daily plate of Kanyanya

- ▶ Each meal should contain a variety of energy giving foods, body building foods, body protection foods and water.



- ▶ Drink at least 2 litres/8 glasses of liquid per day, such as water, or soup. Avoid sugary drinks, such as soft drinks!
- ▶ Use healthy oil and fats in the diet (examples: avocados, nuts, oil seed and other plant-based oils) for cooking, on salad, and at the table. Limit unhealthier fats from butter, margarine, and lard.

### Project: NOURICTY

Partnerships for Healthy Diets & Nutrition in urban African Food Systems

### Project Regions:

Kanyanya Parish, Kampala

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[www.nouricity.org](http://www.nouricity.org)

# NOURICITY

## Kanyanya



## HEALTHY DIETS

# Variety of foods for healthy meals

## Energy giving foods / Calory foods

Each meal should contain energy giving foods. Eat a variety of whole grains. Limit refined grains (like white rice & white bread).



## Body building foods / High-protein food

Each meal should contain body building foods. Eat a variety of fish, poultry, beans, nuts, eggs, and healthy dairy. Limit red meat and cheese and avoid cold cuts and processed meat.



## Body protection foods / Healthy vegetables & fruits

Each meal should contain body protection foods. The more veggies the better! Eat at least 5 portions of variety and colour of fruits and vegetables a day!



Putting together the different elements for a healthy diet to have a strong body is easily compared to putting together a strong building: (1) energy-giving foods represent the bricks of a house, (2) bodybuilding foods are the sand, (3) body protection foods are the cement. All ingredients in the right proportions and you eventually need water to bring everything together for a strong body.

