

Healthy Eating in the Pacific

Energy foods

- include in all meals; local are best.



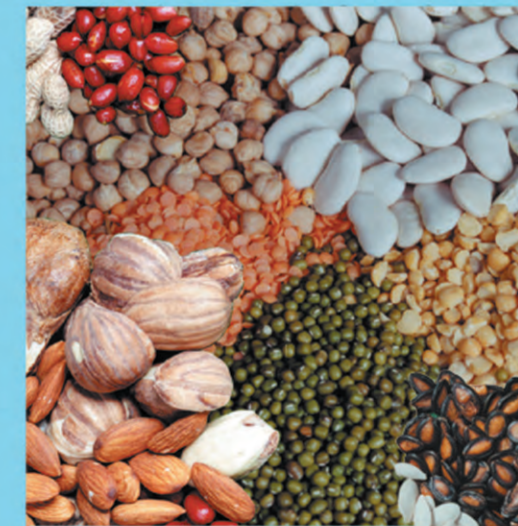
Protective foods

- include vegetables at two meals a day and have fruit as a snack.



Body-Building foods

- eat twice a day.



Each day
eat a variety of foods from
the three food groups.