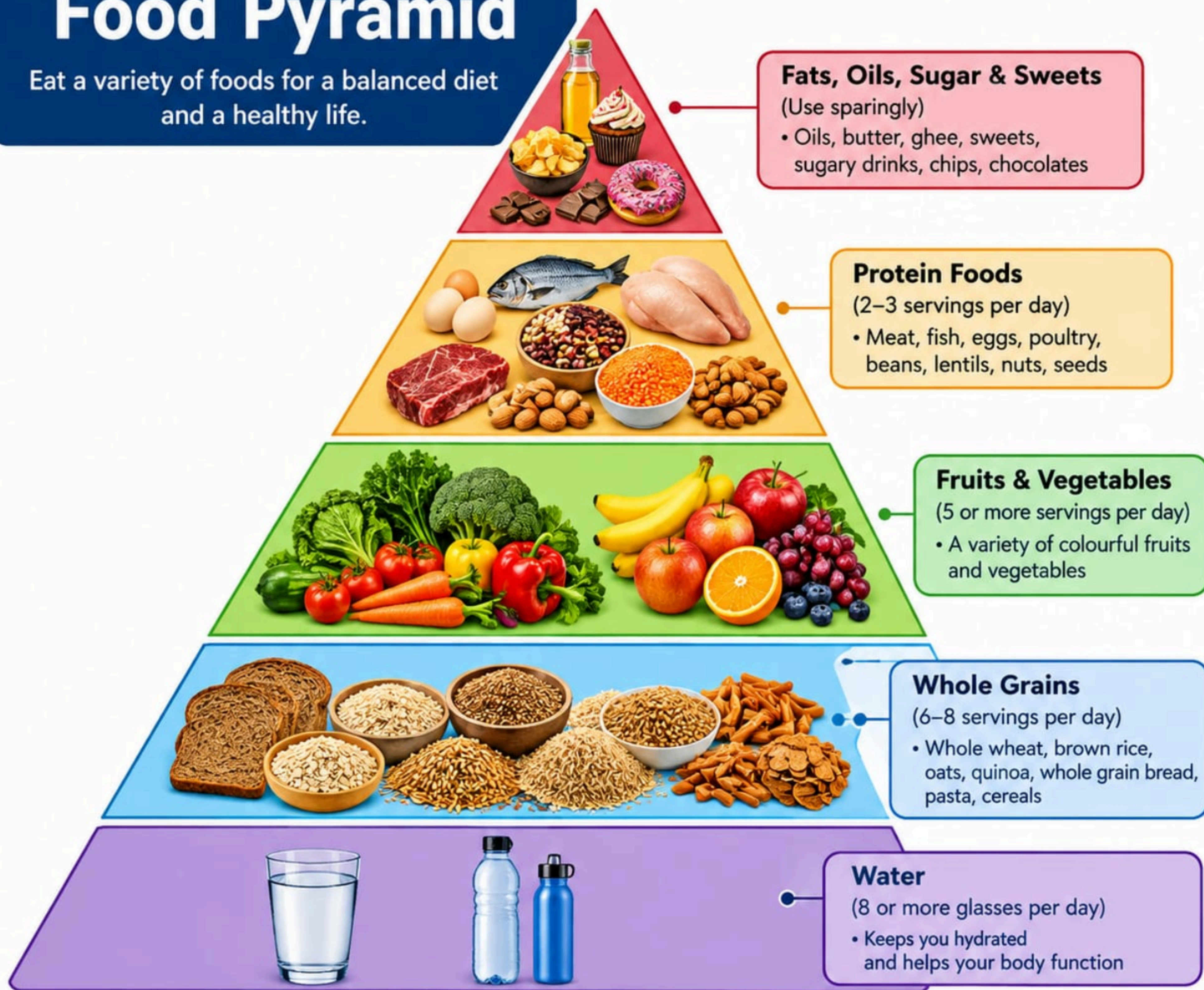


Food Pyramid

Eat a variety of foods for a balanced diet and a healthy life.



Choose healthy foods



Be physically active



Maintain a healthy weight



Eat mindfully and stay hydrated

Healthy Food = Healthy Body = A Better You



Healthy Food Healthy Life

Good nutrition gives you energy, keeps you fit, boosts your mood and builds a stronger you! ♥

-  **More Energy**
-  **Better Focus**
-  **Stronger Immunity**
-  **Healthy Heart**
-  **Maintains Healthy Weight**



Breakfast

- Oats with fruits & nuts
- Boiled eggs / sprouts
- Milk / curd



Mid-Morning Snack

- Fruits (apple, banana, berries)
- Nuts (almonds, walnuts)
- Buttermilk / coconut water



Lunch

- Roti / brown rice / quinoa
- Dal / lean protein
- Vegetables / salad
- Curd



Evening Snack

- Sprouts salad
- Fruit bowl
- Green tea / herbal tea



Dinner

- Light protein (fish/chicken/paneer)
- Steamed vegetables
- Soup / salad

Eat a Rainbow for Better Health

Protein

chicken, fish, eggs, dal, beans, tofu, lean meat

Whole Grains

brown rice, quinoa, oats, whole wheat, roti

Vegetables

colourful & fresh (leafy greens, broccoli, carrots, capsicum, tomatoes, cucumber)

Fruits

(berries, apple, banana, orange)

The Key Nutrients



Carbohydrates

Give you energy (whole grains, oats, brown rice)



Protein

Builds and repairs body tissues (dal, beans, eggs, fish, chicken, nuts)



Healthy Fats

Supports brain, heart and hormones (nuts, seeds, olive oil, avocado)



Vitamins & Minerals

Boost immunity and overall health (fruits & vegetables)



Water

Keeps you hydrated and helps body function

Healthy Meal Ideas

Healthy Habits for a Happier You ♥



Eat
Nutritious Food



Be
Active



Get
Quality Sleep



Stay
Hydrated



Manage
Stress

Small
Healthy Choices
Make a Big
Difference ♥

EAT WELL • MOVE MORE • LIVE BETTER

Good Nutrition for a Healthier You

Healthy food fuels your body, boosts your mind and builds a stronger tomorrow.



Stronger Immunity



Better Focus & Memory



Healthy Heart



More Energy



Healthy Weight

Eat a Balanced Plate

Protein
(chicken, fish, eggs, beans, lentils, tofu)

Whole Grains
(brown rice, quinoa, whole wheat, oats)

Vegetables
(leafy greens, colourful veggies)

Fruits
(fresh, seasonal)



Nutrition Tips



Include a variety of fruits and vegetables daily.



Choose whole grains over refined grains.



Go for lean protein sources.



Drink plenty of water.



Limit processed foods, added sugar, excess salt and unhealthy fats.



Eat mindfully — slowly and stop when you're full.

Healthy Meal Ideas



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Healthy Food
Happy Life



Eat Natural



Stay Active



Drink Water



Be Healthy

Small changes
make a big
difference