

DIVERSE DIET FOR THE FAMILY

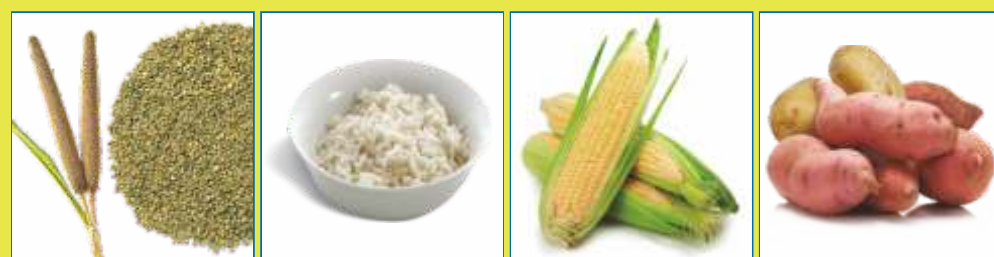
SECRET OF A HEALTHY AND NUTRITIONALLY ADEQUATE DIET LIES IN PRINCIPALS OF ADEQUATE DIET DIVERSITY

Each food group provides different nutritional benefits. All family members should consume atleast **5** out of **10** food groups.



1

CEREALS, ROOTS AND TUBERS
For giving energy



6

EGGS
For physical and mental growth



2

PULSES AND LEGUMES
For body building



7

GREEN LEAFY VEGETABLES
For reducing anaemia and immunity building



3

NUTS AND OILSEEDS
For physical growth and immunity building



8

YELLOW/ORANGE FRUITS AND VEGETABLES
For good eye sight and immunity building



4

MILK AND MILK PRODUCTS
For bone health and strong teeth



9

OTHER VEGETABLES
For immunity building



5

MEAT AND FISH
For energy giving, physical growth and to reduce anaemia



10

OTHER FRUITS
For immunity building



For more information, contact Self Help Group member of your area.