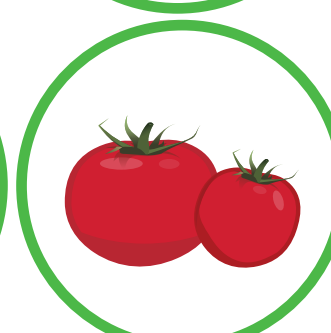
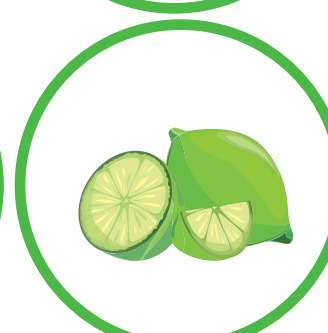
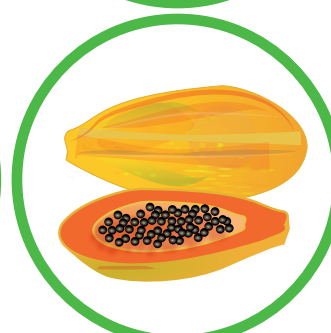
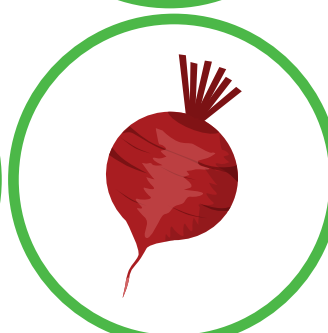
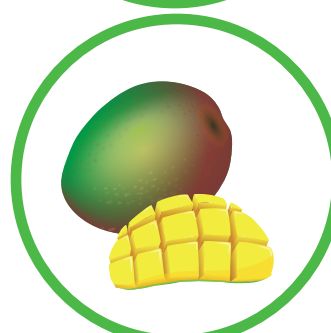
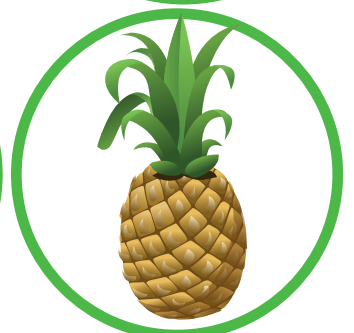
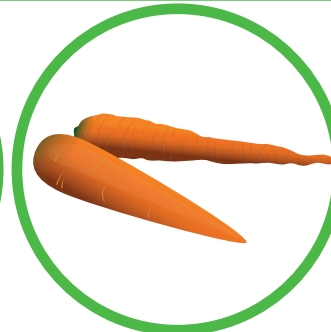
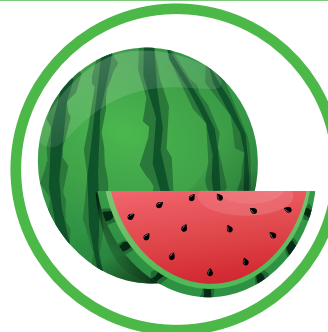
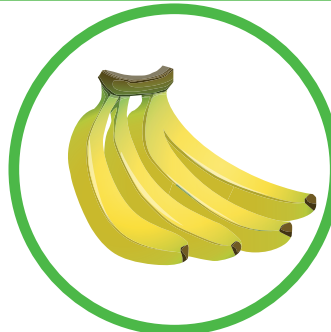
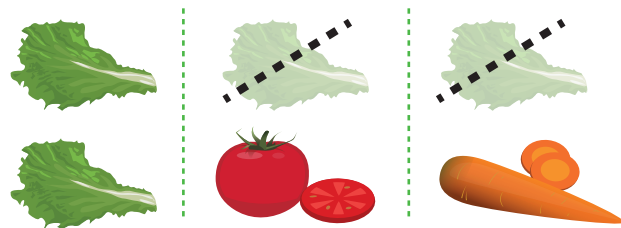
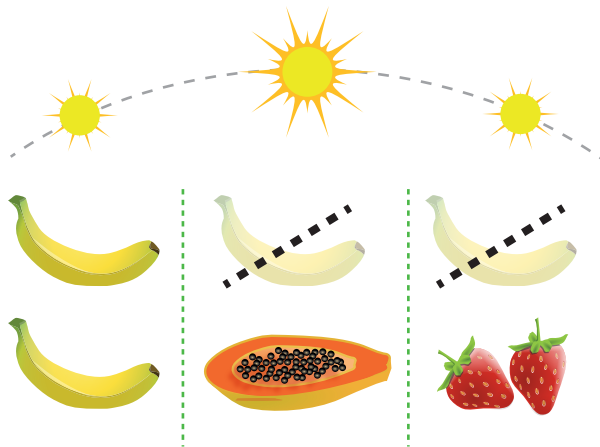
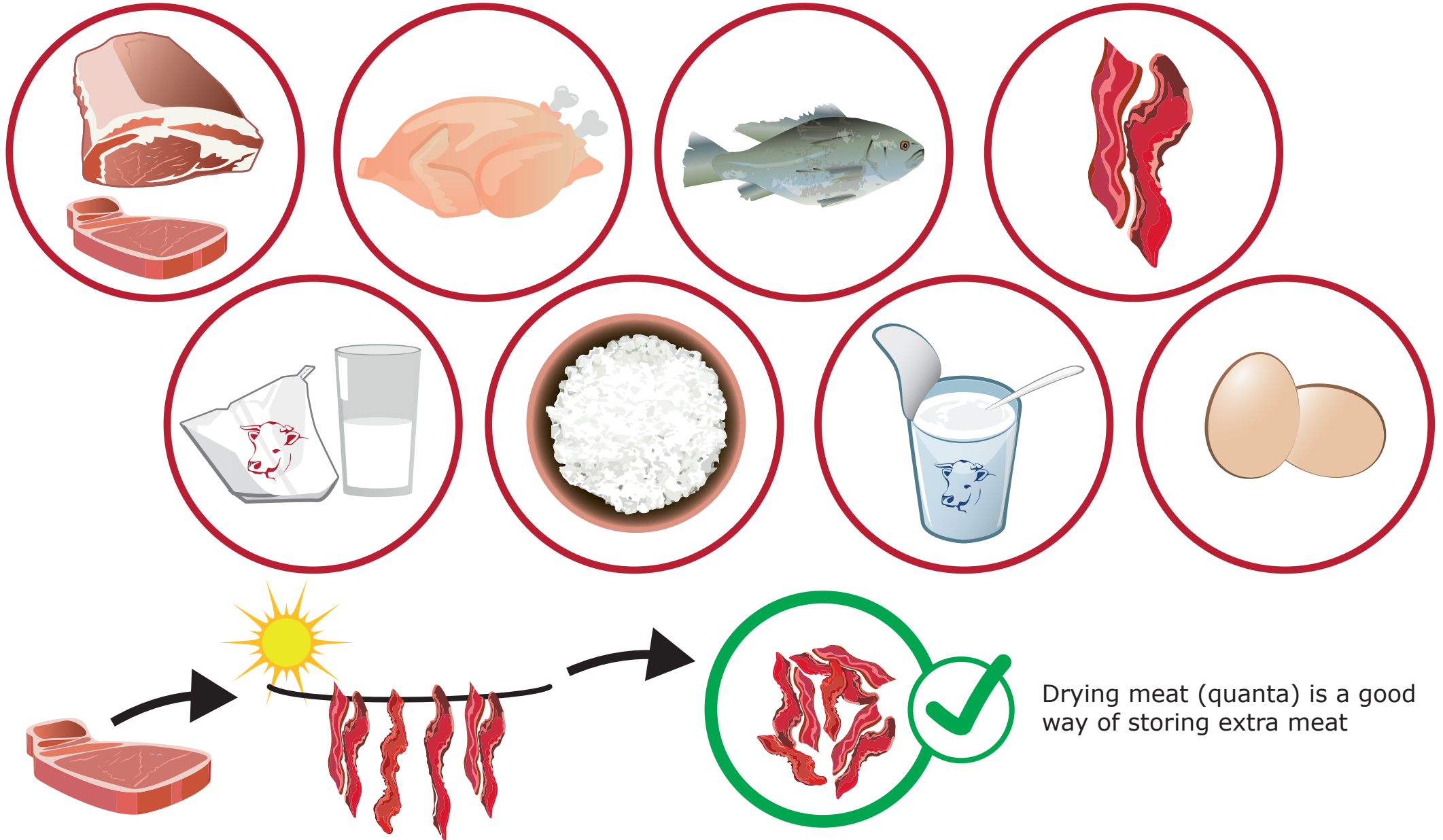


Eat 100–200 grams of various fruits and vegetables every day

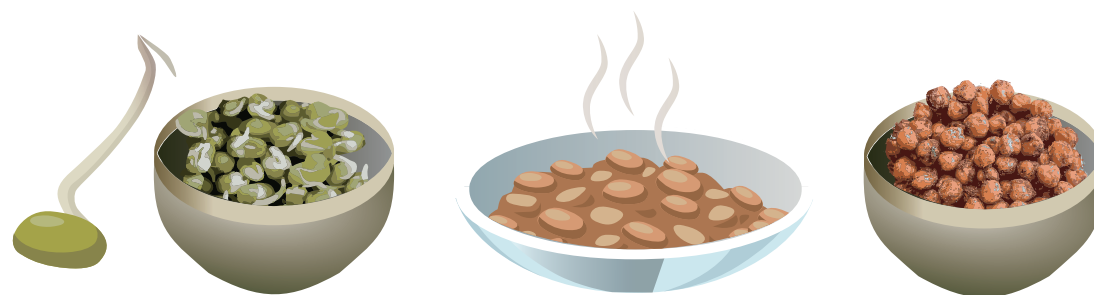
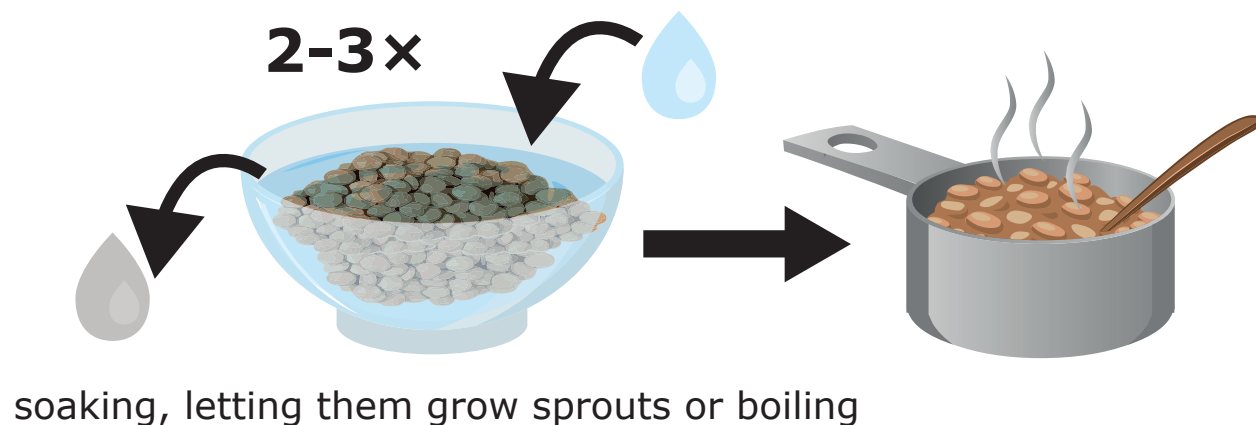
Consumed diversified
fruits and vegetables:



Add animal-source foods such as eggs and meat (60 grams) and dairy foods (300–400 grams) to your meals every day



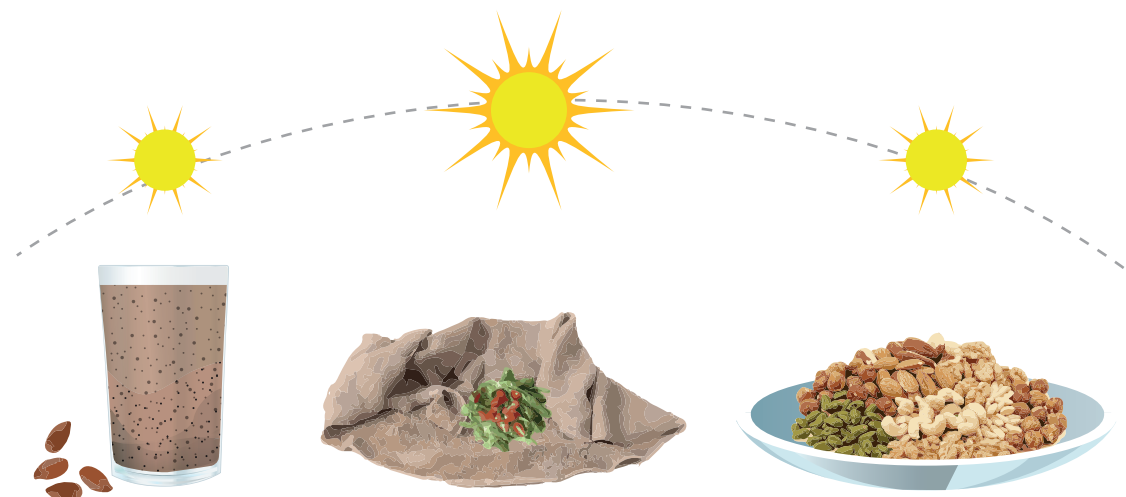
Eat 80–120 grams of legumes every day



During fast legumes are good sources of protein



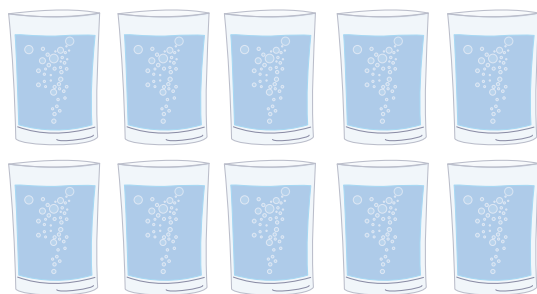
Diversify your diet with 10–20 grams of nuts and oilseeds



Avoid moldy nuts or oilseeds



Drink 8–10 large glasses of clean water daily



Treat your water by boiling or using Water Guard

