



DID YOU KNOW? Eating healthy food and drinking water can help you FIGHT COVID-19 AND OTHER DISEASES

THESE FOODS CAN BE HIGH IN ENERGY, SALT, SUGAR AND FAT!

This can lead to obesity, diabetes, high blood pressure, heart disease and certain cancers



THIS CAN WEAKEN YOUR BODY AGAINST COVID-19 AND OTHER DISEASES

① ENJOY A VARIETY OF WHOLE FOODS
i.e. unprocessed or minimally processed foods



② BUY HEALTHY AFFORDABLE FOOD



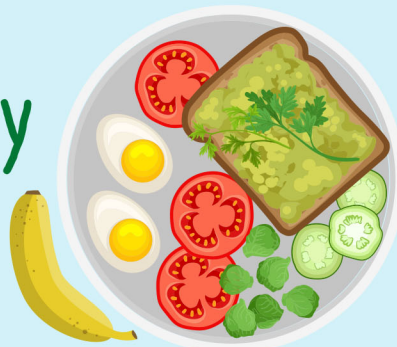
③ DRINK LOTS OF CLEAN, SAFE WATER instead of sugary drinks



④ PREPARE HEALTHY HOME MEALS rather than buying ready-to-eat snacks and meals



⑤ PRACTICE HEALTHY EATING HABITS



e.g. eat lots of vegetables and small portions of other foods. Eat together without distractions (e.g. cell phones or TV)

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