Eat Healthy For Life!

Eat healthy for life! Eating healthy is a way of life, and it can be fun and delicious. Eating healthy doesn't mean you can't have your favorite foods, but it does mean that you need to balance your food choices with healthy options.

Eating Healthy Basics

- Eat a variety of fruits and vegetables.
- Eat more whole grains, such as whole wheat, whole oats, brown rice, and whole barley, and less refined grains, such as white rice and white flour.
- Eat more fat-free and low-fat milk products, such as fat-free or low-fat milk, fat-free or low-fat yogurt, and fat-free or low-fat cheese, and less whole milk products.
- Eat more lean meat, poultry, fish, beans, eggs, and nuts, and less fatty meat, poultry, and eggs.
- Limit your intake of fats and oils, and choose healthy fats and oils.
- Limit your intake of foods with added sugars.
- Limit your intake of foods with added salt.
- Eat only as much as your body needs.
- Be physically active every day.

EAT HEALTHY

The Indigenous Food Kitchen

Indigenous Food Kitchen, Wine Garden

Editorial

To All Pro Students

Dr. Ashish Kumar Jha
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Dr. Ashish Kumar Jha

About FSQ LAB - Kenya

Food Safety Quality Laboratory
Food Safety Quality Laboratory
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About Future Plastics

Future Plastics
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Foreword

Congratulations! Great work!!!

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Preface

Food safety is a shared responsibility. Food safety is a shared responsibility. Food safety is a shared responsibility.