

# Eating Habits for Better Health

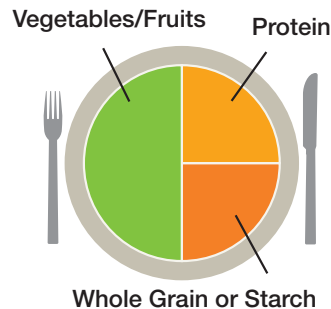


Healthy eating can help you prevent illness and improve your health. It is never too late to start. Even small changes in what you eat now can make a big difference!

## Fill Your Plate With Healthy Foods

### Rethink your plate

Start by adding more foods to your plate that are full of nutrients. To get the right mix of foods, fill 1/2 your plate with vegetables and fruit, 1/4 with a healthy protein (such as beans, chicken, fish), and 1/4 with a whole grain or starchy vegetable (such as brown rice or a sweet potato).



### Add more vegetables and fruits

Enjoy plenty of fresh fruits and vegetables. Choose a rainbow of colors. Make fruits and vegetables a main ingredient in every meal. When choosing frozen or canned, stay away from added sauces, salt (sodium) or sugar.

### Choose whole grains

Not all grains are the same. At least half the servings of grains you eat each day should be whole grains. Enjoy whole-wheat pasta and bread, plus brown rice, barley, oatmeal, shredded wheat cereal, or popcorn. Eat less of refined grains such as white rice and items made from white wheat (pastries, pasta or bread).

### Choose healthier proteins

Choose more lentils, beans, poultry, fish and nuts. Try to eat fish at least twice a week. When eating poultry, choose lean options and remove skin. Eat red meat less often and in smaller portions. Try replacing meats with healthy plant proteins like beans or tofu. Enjoy a small handful of nuts as a snack.

### Switch to low-fat or fat-free dairy

Low-fat and fat-free dairy products have the same nutrients as full-fat dairy products but have fewer calories and less saturated fat (unhealthy fat). Try low-fat yogurt for breakfast with fresh fruit.

#### Additional Resources

- [choosemyplate.gov](http://choosemyplate.gov)  
United States Department of Agriculture
- [heart.org](http://heart.org)  
American Heart Association



## Sutter Resources

To find out more about nutrition, go to [sutterhealth.org/health/nutrition](http://sutterhealth.org/health/nutrition).

Ask your healthcare team for a referral to a registered dietitian to make a personal eating plan.

You may find local resources by going to [sutterhealth.org/classes-events](http://sutterhealth.org/classes-events) and selecting the topic "Nutrition."

### Why It Matters

Over time, unhealthy foods can cause harm to your body. For example, drinking one or more soft drinks each day increases your risk for type 2 diabetes. Health problems like high blood pressure, high cholesterol, heart disease, stroke and type 2 diabetes can be linked to unhealthy eating patterns. Taking steps to eat healthier now can help you prevent disease in the future.

01-Jan-22 To 31-Dec-22

**ACCOUNT NAME:** GEORGE KIARIE MACHUA

**CUSTOMER NO.:** 000050562

**ACCOUNT NO.:** 001000009013

**ACCOUNT TYPE:** Mwananchi Account(KES)

10-JAN-2022	08-JAN-2022	ATM Cash Withdrawal 001000009013 000113901848 RUIRU 1 Ruiru Ruiru KE	40,000.00	114,025.71	024
10-JAN-2022	08-JAN-2022	ATM Withdrawal Commission 001000009013 000113901848 RUIRU 1 Ruiru Ruiru KE	30.00	113,995.71	024
10-JAN-2022	08-JAN-2022	Excise Duty 001000009013 000113901848 RUIRU 1 Ruiru Ruiru KE	6.00	113,989.71	024
10-JAN-2022	08-JAN-2022	Mobile Alert Transaction Alert Charge 024OCAW220080137	10.00	113,979.71	001
10-JAN-2022	08-JAN-2022	Excise Duty Transaction Alert Charge 024OCAW220080137	2.00	113,977.71	001
10-JAN-2022	10-JAN-2022	Paybill Credit QAA1EV1JDX-79601910 From 254796019100 BONFACE MARENDA	11,500.00	125,477.71	001



# KENYA REVENUE AUTHORITY

ISO 9001:2015 CERTIFIED

## Acknowledgement and Commitment Form<sup>1</sup>

(For eTIMS mobile app and eTIMS client for Windows and Android devices)

### 1. Company/Business Information – (read carefully the contents of this document)

Company Name/ Business Name	JAMES NGUGI NJENGA.
PIN	4003596137 B
Address	P.O. BOX 139 LIMURU.
E-mail	JNGUGI.NJENGA @ yahoo. COM.
Telephone	0722399790

### 2. Details of the Owner/ Director/ Legal Representative of the business or company

Name	JAMES NGUGI NJENGA.
Position	OWNER.
Address	P.O. BOX 139 LIMURU.
Mobile Number	0722399790
Email	JNGUGI.NJENGA @ yahoo. COM.
ID/PASSPORT <sup>2</sup> No:	9924044

### 3. Select the device you want to use and provide required details (Check One)

<input checked="" type="checkbox"/> LAPTOP <input type="checkbox"/> DESKTOP <input type="checkbox"/> TABLET <input type="checkbox"/> PDA <input type="checkbox"/> POS <input type="checkbox"/> SMART PHONE	Device Serial Number & Model MODEL - DELL latitude E5530. SN - E157677-
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### 4. Commitment of the taxpayer receiving ETIMS Software

- ☒ I hereby confirm that I am ready to receive the eTIMS software and I shall use it properly.
- ☒ I will not proceed with **formatting/resetting** device in which the eTIMS is installed until I get a written authorization from KRA upon an official submitted request.
- ☒ I understand that this computing device cannot be formatted without KRA written authorization. Otherwise, this action will be considered as **violation of provisions of the Tax Procedures Act 2015, VAT Act 2013 and penalties provided in the same laws** will be applicable.

Date of Application (dd/mm/yy): 29 / 06 / 2023.

Names and signature of the Owner/ Director /Legal Representative of the Business or Company and Stamp:

JAMES NGUGI NJENGA \_\_\_\_\_ hille

**EMILIO NJIRU & ANNE MUTHONI**
**NAIROBI**
**00300**
**Statement Period:** 01102019 to 31122022

**Customer Name** EMILIO NJIRU & ANNE MUTHONI

**Customer Number:** 279079

**Account Number:** 2790790024 - 1002144472

**Account Type** PLATINUM PAY AS YOU GO

**Currency:** Kenyan Shilling

Date	Transaction Details	Value Date	Debit	Credit	Balance
18092020	Takeover Principal	18092020	174.41		-174.41
	Account AACT202627 YK4SYPS				
30092020	Debit Arrangement	30092020	70.00		-244.41
	Tax AACT20274SBSM 37CF				
30092020	Charge - Capitalise	30092020	350.00		-594.41
	Ledger Fee- Tariff AAAC T20274SBSM37CF				
30092020	e-Local Transfer	01102020	3.23		-597.64
	Debit Interest AACT20 274SBSM37CF				
12102020	MPESA Paybill Transfer	12102020		50,000.00	49,402.36
	MPESA REF: OJC1FO KIEP 1002144472 OJC 1FOKIEP 25471810187 4 EMILIO NJI FTC2010 12NAWS				
14102020	Cash Deposit	14102020		167,000.00	216,402.36
	TT20288K4NJ4 ANNE M UTHONI				
14102020	MPESA Paybill Transfer	14102020		9,800.00	226,202.36
	MPESA REF: OJE3HX1 TR1 1002144472 OJE3 HX1TR1 254722571982 ANNE MUTHO FTC201 014VKCY				
16102020	m-Banking Transfer	16102020		16,000.00	242,202.36
	FTC201016BCLL				
19102020	Charge - Capitalise	30092020		350.00	242,552.36
	Ledger Fee- Tariff AAAC T20274SBSM37CF				
19102020	Debit Arrangement	30092020		70.00	242,622.36