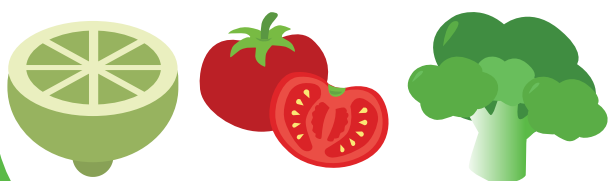


HEALTHY FOOD

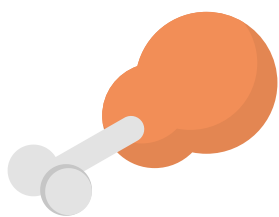
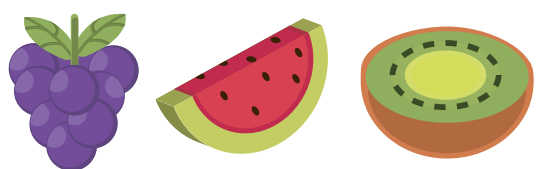
VEGETABLE

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke.



FRUIT

Fruits are a good source of vitamins and minerals, recognized for their role in preventing vitamin c and vitamin A deficiencies.



MEAT

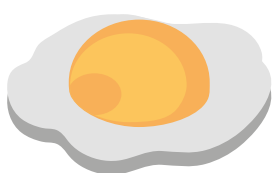
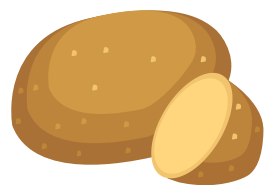
Rich in protein

20%
Calories

20%
Calories

POTATO

Cholesterol free



EGG

Rich in iodine

10%
Calories

15%
Calories

CHEESE

Vitamin A,D,K



Foods to avoid

Foods high in salt ,such as some canned foods, processed meats and frozen dinners should be avoided.

