



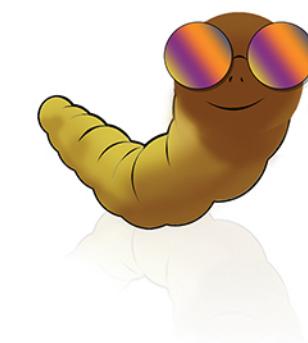
Water when needed, avoid alcohol



VEGETABLES AND FRUITS



CEREALS AND TUBERS



**MEAT* - FISH - EGGS- INSECTS
BEANS - DAIRY PRODUCTS**

*Limit the intake of red meat



My Healthy Plate

contact : www.rsd-institute.org