

FOOD GUIDE for NAMIBIA



Food & Nutrition Guidelines for Namibia

- Eat a variety of foods
- Eat vegetables and fruit every day
- Eat more fish
- Eat beans or meat regularly
- Use whole-grain products
- Use only iodised salt, but use less salt
- Eat at least three meals a day
- Avoid drinking alcohol
- Consume clean and safe water and food
- Achieve and maintain a healthy body weight