

The Seychelles Food Guide

fruit and vegetables
fri ek legim



rice, bread, cereals, pasta
and tubers
*diri, dipen, sereal, "pasta"
ek gro manze*

fish, meat
and alternatives
*pwason, lavyann,
ek lezot alternativ*

foods containing
fat, foods containing
sugar
manze gra, manze dou

milk and milk products
dile ek prodwi dile

