

### **What to eat?**

home cooked meals  
traditional iTaukei cuisine  
traditionally farmed  
locally grown  
foods low in spices & oil  
fresh & unprocessed foods

## **Healthy Eating**

### **How to eat?**

balanced meal with all three  
food groups  
balancing unhealthy eating  
with healthy eating (within  
meals and between meals)

### **Reasons for eating healthy (Why?)**

promote health & well being  
disease management  
protect against diseases  
support lifestyle needs

# Nutrition An Inquiry Into The Issues

**M Carnoy**



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