

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

Sebastian Brünink



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