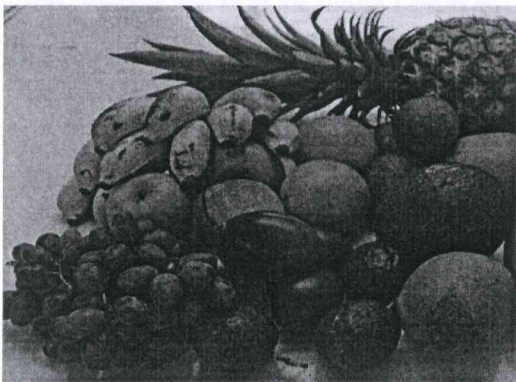


3. Fruits provide carbohydrate, vitamins, minerals, and fiber. It is recommended that one uses the fruits in season. Examples of fruits include; apples, strawberries, grapefruit, bananas, raisins, oranges, watermelon, peaches, mango, guava, papaya, berries, tangerine and canned fruits. Fruits should be taken in moderation. About four servings of fruits per day is adequate. Only one medium sized ripe banana should be taken if it is being included among the fruits.



4. Vegetables provide vitamins, minerals, and fiber. They are low in carbohydrate. Both the green leafy and yellow or orange vegetables should be included in the diet. Examples of vegetables are; lettuce, broccoli, spinach, peppers, carrots, green beans, tomatoes, celery, chilies, kales, cabbage, traditional vegetables such as terere, managu, mrenda, saget, etc...

Vegetables should be taken in adequate amounts about 2 cups of 250 ml per day.

Below are the dark green leafy vegetables



*24/7/2020*