
2. FISH, INSECTS & MEATS
FISH
COW/GOAT
EGGS
CATERPILLAR
3. LEGUMES, NUTS & SEEDS
GROUNDNUTS
BEANS
BAMBARA NUTS
1. GRAINS, STARCHY ROOTS & TUBERS
SWEET POTATO
CASSAVA
SORGHUM
MAIZE
POTATO
6. MILK & MILK PRODUCTS
MILK
CHEESE
YOGHURT
4. VEGETABLES
PUMPKIN
SPINACH
ONION
PUMPKIN LEAVES
OKRA
PAWPAW
BANANAS
ORANGES
WATERMELON
5. FRUITS
GROW A VARIETY OF
NUTRITIOUS FOODS

german
cooperation
DEUTSCHE ZUSAMMENARBEIT

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A DAY

1. GRAINS, STARCHY ROOTS & TUBERS
2. FISH, INSECTS & MEATS
3. LEGUMES, NUTS & SEEDS
4. VEGETABLES
5. FRUITS
6. MILK & MILK PRODUCTS

EAT FROM ALL 6 FOOD GROUPS EVERYDAY FOR GOOD NUTRITION


1. GRAINS, STARCHY ROOTS & TUBERS
MAIZE
SWEET POTATO
CASSAVA
POTATO
SORGHUM
2. FISH, INSECTS & MEATS
FISH
COW/GOAT
EGGS
CATERPILLAR
3. LEGUMES, NUTS & SEEDS
GROUNDNUTS
BEANS
BAMBARA NUTS
4. VEGETABLES
SPINACH
PUMPKIN
ONION
PUMPKIN LEAVES
OKRA
5. FRUITS
PAWPAW
BANANAS
ORANGES
WATERMELON
6. MILK & MILK PRODUCTS
CHEESE
MILK
YOGHURT
INTRODUCE A VARIETY OF NUTRITIOUS FOODS TO CHILDREN STARTING AT 6 MONTHS OF AGE

german
cooperation
DEUTSCHE ZUSAMMENARBEIT

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A DAY

1. GRAINS, STARCHY ROOTS & TUBERS
2. FISH, INSECTS & MEATS
3. LEGUMES, NUTS & SEEDS
4. VEGETABLES
5. FRUITS
6. MILK & MILK PRODUCTS

EAT FROM ALL 6 FOOD GROUPS EVERYDAY FOR GOOD NUTRITION


2. FISH, INSECTS & MEATS
FISH
COW/GOAT
EGGS
CATERPILLAR
3. LEGUMES, NUTS & SEEDS
GROUNDNUTS
BEANS
BAMBARA NUTS
1. GRAINS, STARCHY ROOTS & TUBERS
SWEET POTATO
CASSAVA
SORGHUM
MAIZE
POTATO
6. MILK & MILK PRODUCTS
MILK
CHEESE
YOGHURT
4. VEGETABLES
PUMPKIN
SPINACH
ONION
PUMPKIN LEAVES
OKRA
5. FRUITS
PAWPAW
BANANAS
ORANGES
WATERMELON
INVEST IN GOOD NUTRITION


6
1. GRAINS, STARCHY ROOTS & TUBERS
2. FISH, INSECTS & MEATS
3. LEGUMES, NUTS & SEEDS
4. VEGETABLES
5. FRUITS
6. MILK & MILK PRODUCTS
A DAY
EAT FROM ALL 6 FOOD GROUPS EVERYDAY FOR GOOD NUTRITION
german cooperation
DEUTSCHE ZUSAMMENARBEIT
giz


1. GRAINS, STARCHY ROOTS & TUBERS
MAIZE
SWEET POTATO
CASSAVA
POTATO
SORGHUM
2. FISH, INSECTS & MEATS
FISH
COW/GOAT
EGGS
CATERPILLAR
3. LEGUMES, NUTS & SEEDS
GROUNDNUTS
BEANS
BAMBARA NUTS
4. VEGETABLES
SPINACH
PUMPKIN
ONION
PUMPKIN LEAVES
OKRA
5. FRUITS
PAWPAW
BANANAS
ORANGES
WATERMELON
6. MILK & MILK PRODUCTS
CHEESE
MILK
YOGHURT
INTRODUCE A VARIETY OF NUTRITIOUS FOODS TO CHILDREN STARTING AT 6 MONTHS OF AGE

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6

2. FISH, INSECTS & MEATS
3. LEGUMES, NUTS & SEEDS
1. GRAINS, STARCHY ROOTS & TUBERS
A DAY
6. MILK & MILK PRODUCTS
4. VEGETABLES
5. FRUITS

EAT FROM ALL 6 FOOD GROUPS EVERYDAY FOR GOOD NUTRITION


1. GRAINS, STARCHY ROOTS & TUBERS
MAIZE
POTATO
SORGHUM
CASSAVA
SWEET POTATO
2. FISH, INSECTS & MEATS
FISH
COW/GOAT
EGGS
CATERPILLAR
3. LEGUMES, NUTS & SEEDS
GROUNDNUTS
BEANS
BAMBARA NUTS
4. VEGETABLES
SPINACH
ONION
PUMPKIN
PUMPKIN LEAVES
OKRA
5. FRUITS
PAWPAW
BANANAS
ORANGES
WATERMELON
6. MILK & MILK PRODUCTS
CHEESE
MILK
YOGHURT
WORK TOGETHER AS A
FAMILY FOR GOOD NUTRITION

german cooperation
DEUTSCHE ZUSAMMENARBEIT

Implemented by
giz

6

2. FISH, INSECTS & MEATS
3. LEGUMES, NUTS & SEEDS
4. VEGETABLES
5. FRUITS
6. MILK & MILK PRODUCTS
1. GRAINS, STARCHY ROOTS & TUBERS

A DAY

EAT FROM ALL 6 FOOD GROUPS EVERYDAY FOR GOOD NUTRITION