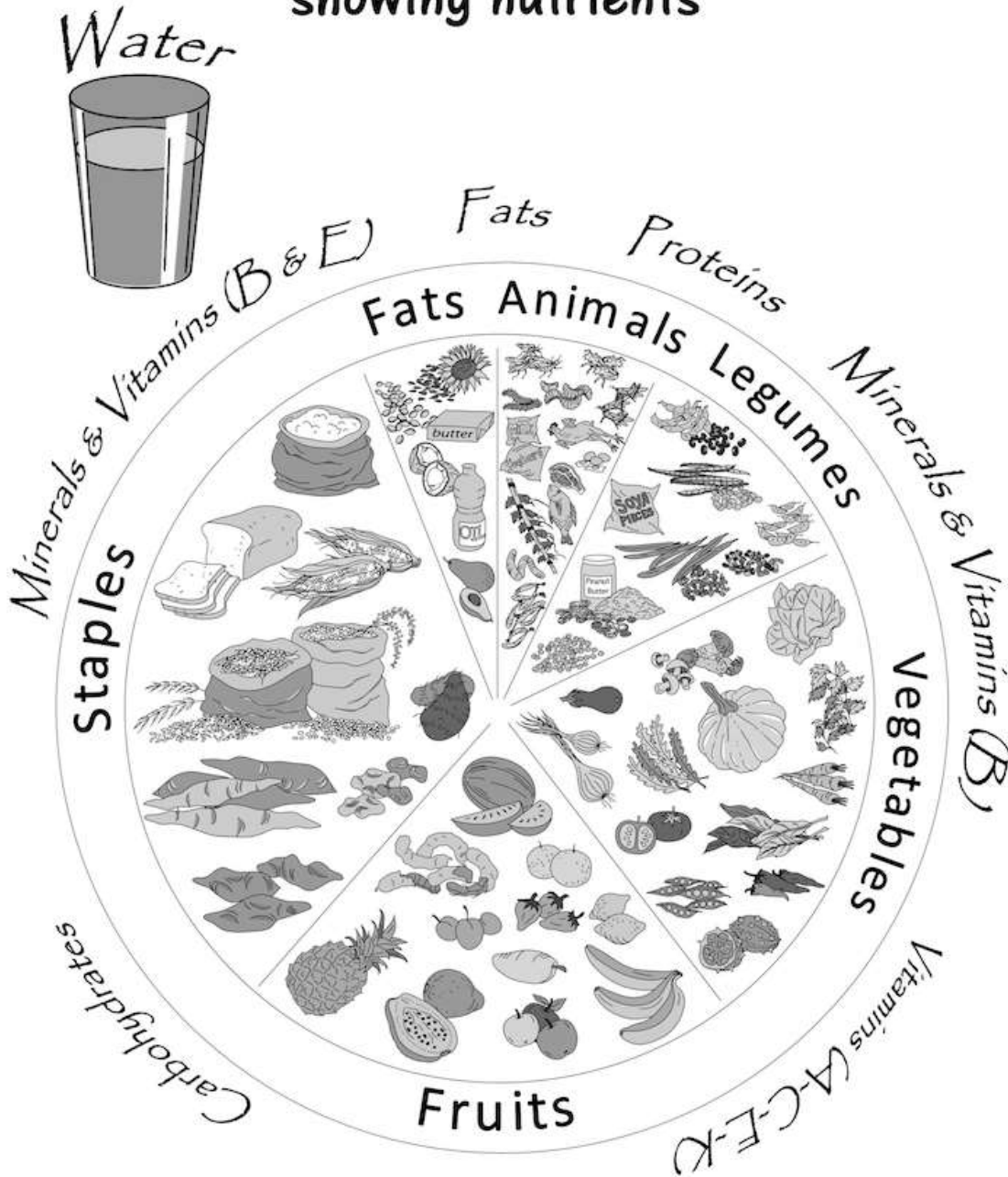


6 (2) Malawi's 6 Food Groups

showing nutrients



- Foods are grouped together because they have similar nutrients.
- All foods are different, so eat a variety from each food group every day.

Neelán, S. (2013). *Sustainable Nutrition: Growing and Eating Best Using Less* (Second ed.). Lilongwe: World Food Programme. Art by S. Beare.