

# Malawi's Six Food Groups

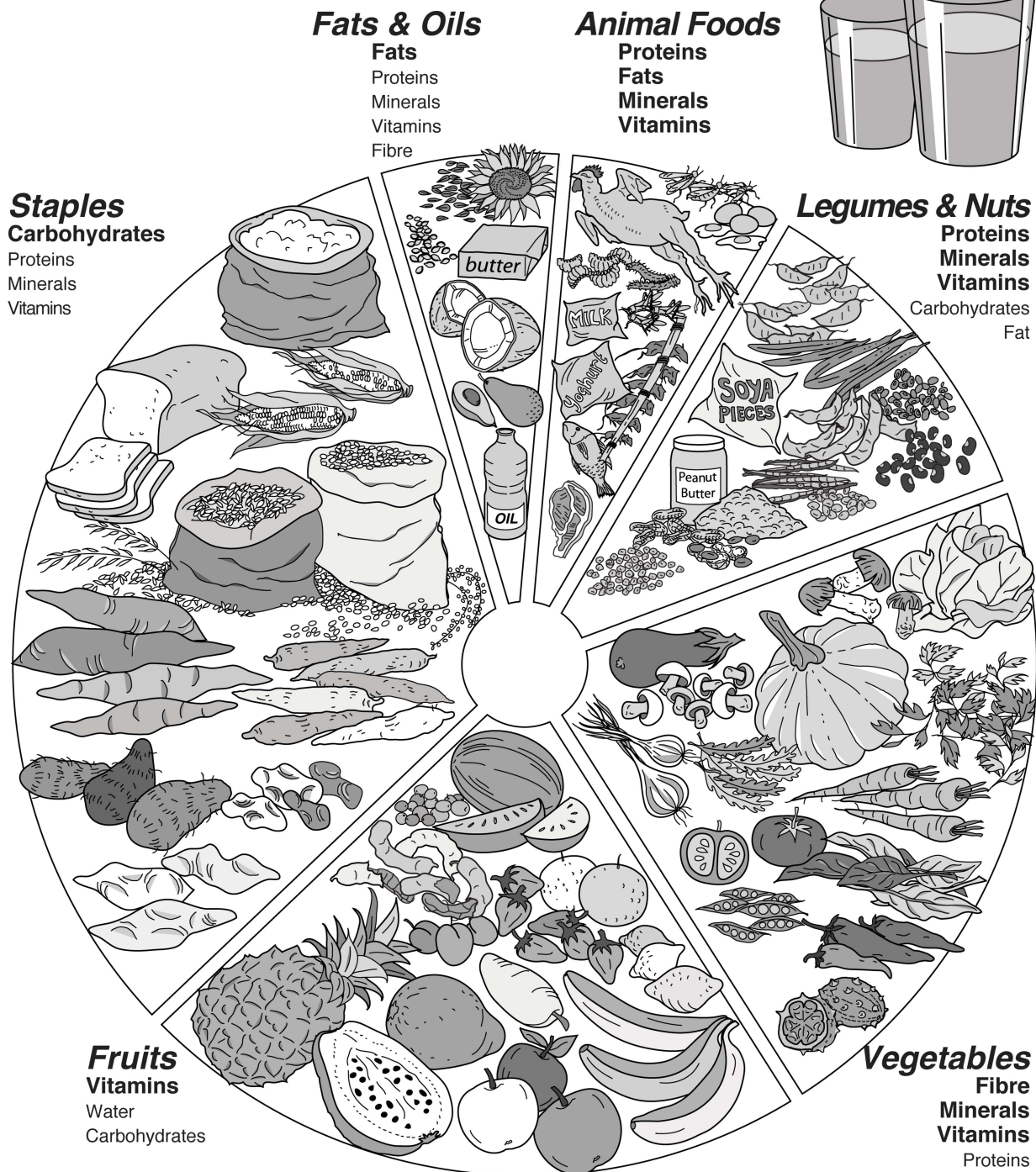
## Poster 4

*So many choices to create a balanced diet!*

**Foods are grouped**  
together because they  
contain similar nutrients

**All foods are different**  
so eat a variety from each of  
the food groups every day

**Drink plenty of water!** 3 to 4 litres a day  
for an adult in a hot country. It has minerals  
as well as the water your body needs



Sustainable Nutrition Manual by Stacia Nordin, editing & illustrations by Sarah Beare  
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