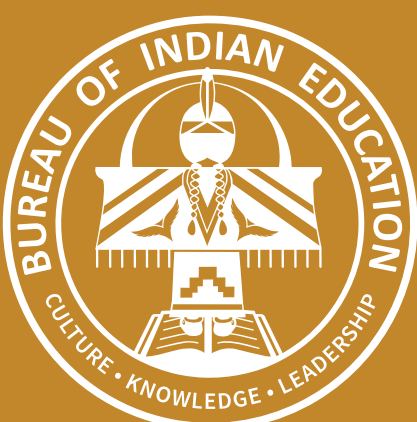


INDIGENOUS GRAINS

Why Eat Them?

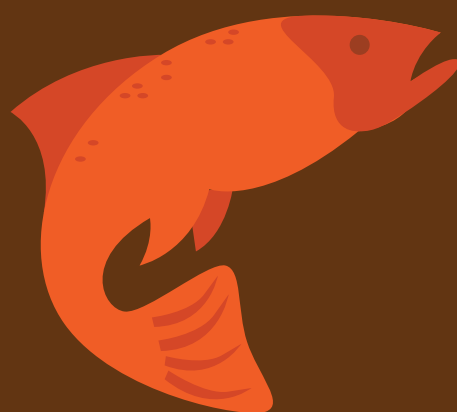
Whole grains are an important source of fiber, and as part of a healthy diet, they may help reduce cholesterol levels, support a healthy weight, and lower the risk of heart disease and type 2 diabetes.



INDIGENOUS MEATS

Why Eat Them?

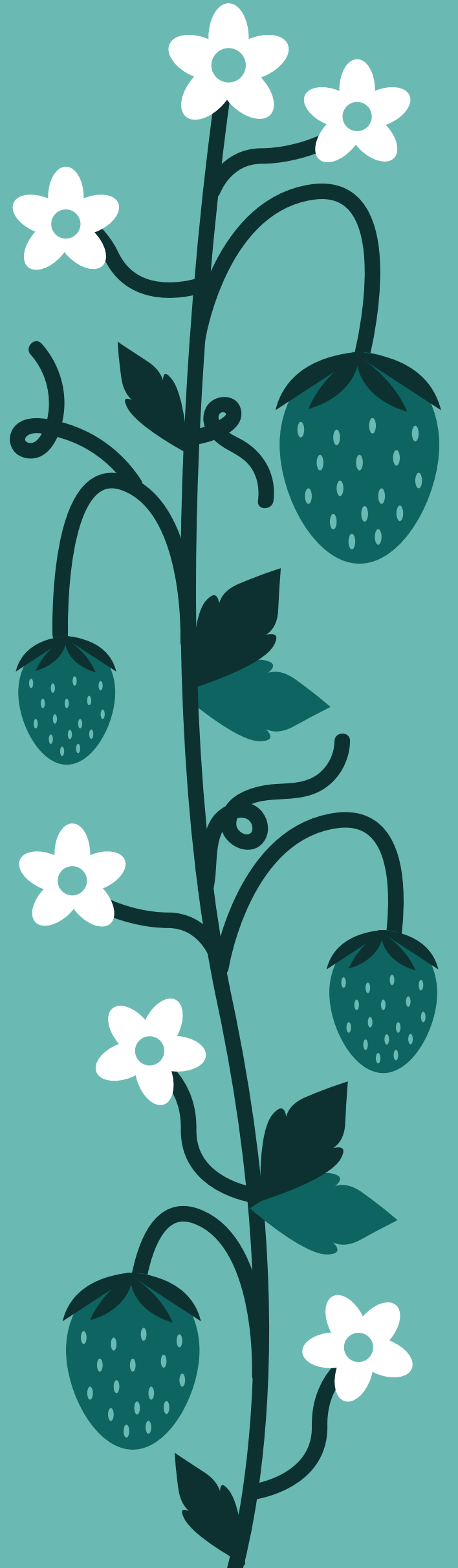
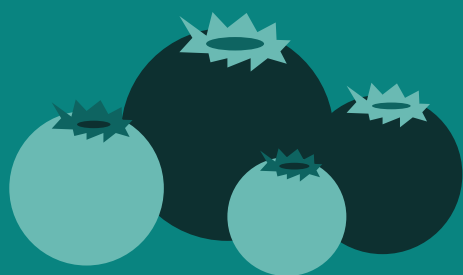
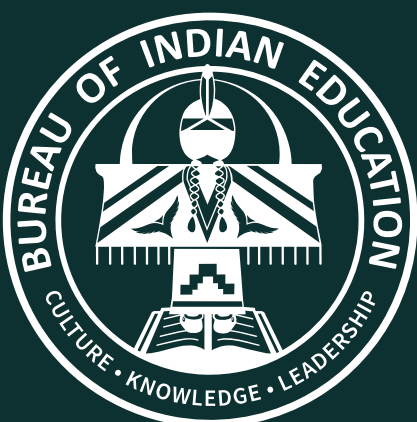
Protein builds healthy bones, muscles, skin and hair. A protein-rich diet ensures adequate iron intake, which helps make sure blood is healthy and supports adequate growth and energy levels.



INDIGENOUS FRUITS

Why Eat Them?

Fruits are a great source of nutrients such as fiber, antioxidants, vitamins A, B, and C, and potassium – all of which support health and well-being.



INDIGENOUS VEGETABLES

Why Eat Them?

Vegetables are great sources of nutrients such as fiber, vitamins A, B, and C, potassium, and antioxidants – all of which support health and wellness.

