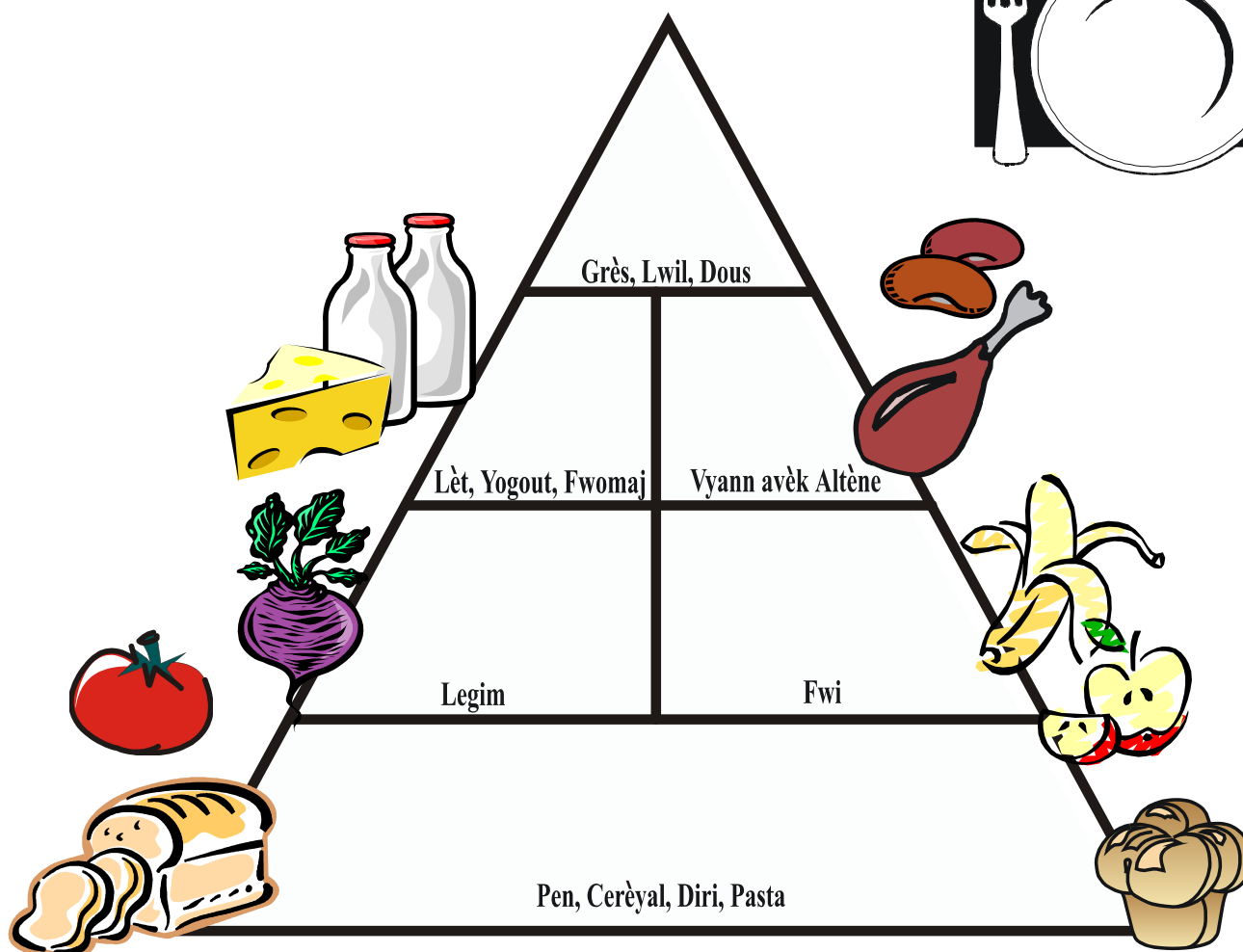


La Sante Nan Lavi Granmoun: Kreyè Yon Manje Ki Pa Kwuit¹

Kisa pou soupe lè-w pa vle fè manje. Panse de manje ou kapab itilize pou yon manje ki balanse, epi li pa kwuit. Apre mete manje yo kote yo dwe ye nan piramid la.



Kijan manje-w sentre nan gid piramid la? Eske soupe-w balanse-eske li gen manje nan twa gwoup manje (pa kounte grè, lwil, avèk douse)? Si li pa genyen-l fè bak epi chanje manje-w. Si ou te itilize manje ki lan twa gwoup manje, ou kreye yon repa ki balanse. Kounyen-a bay li yon kou lakay-w!

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2. Leaflet design by Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator/trainer, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. English version reviewed by Linda B. Bobroff, PhD, RD, LD/N, professor, University of Florida. Translation by Rodrigue Colas, University of Florida. Translation reviewed by Jean-Elie Gilles, University of Florida.