



1 MILLION MOMS

PLEDGE FOR HEALTHY CHANGE



HEALTHIER EATING

How much is a portion?

VEGETABLES

two handfuls or more



FRESH FRUIT

one closed Fist



CHEESE

two Fingers



STARCHES OR STARCHY VEGETABLES

(samp, pasta, rice, potatoes, pap) one closed Fist or 1 slice of bread



MEAT, FISH OR CHICKEN

palm of your hand



DAIRY



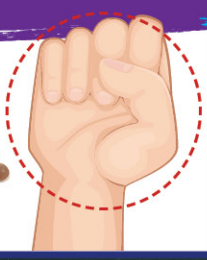
maas 250ml



milk 250ml

BEANS, CHICKPEAS, LENTILS

one closed Fist



FATS + OILS

peanut butter, oil + butter: size of your thumb
5 olives
avo: 1/4 small avo



YOGHURT

2 x 100ml



Eat breakfast every day

Eat more fruits and vegetables every day

Have milk, maas or yoghurt every day

Drink more water every day

Move more every day



DANONE
ONE PLANET. ONE HEALTH

www.knowyouryoghurt.co.za

Every time we eat or drink, we vote for the world we want to live in