



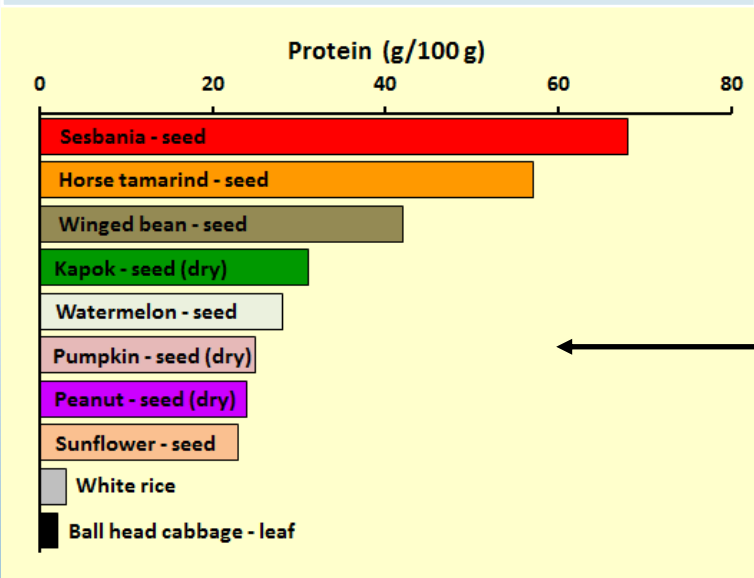
## Choose your food plants well to keep your family healthy

Many local and traditional food plants are full of good nutrients for growth and health.



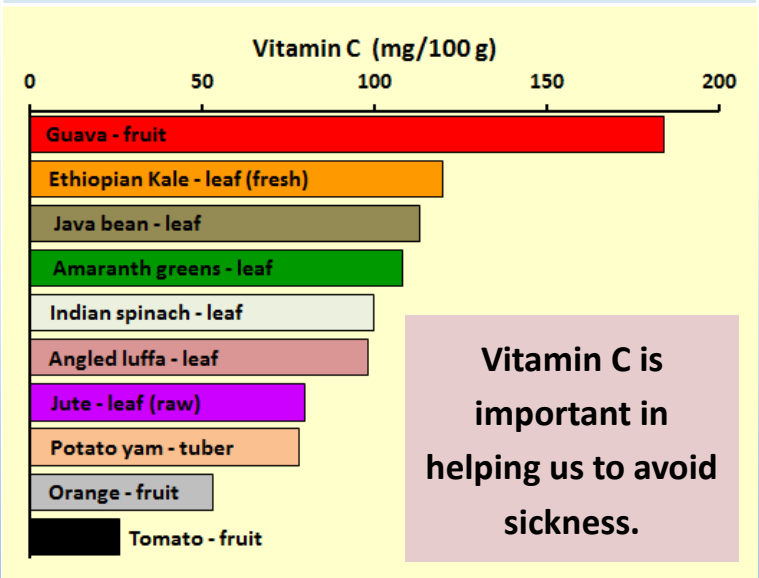
Many local and traditional food plants are adapted to the Western Pacific — they grow easily and well!

### Western Pacific plants protein content



Protein is important for growth, mothers feeding babies and for recovering from illness.

### Fruit and leafy greens Vitamin C content



Vitamin C is important in helping us to avoid sickness.