

How to adapt to stay healthy

Floods may cause destruction of crops which would inevitably lead to hunger, children have insufficient food and the lack of a balanced diet will ultimately lead to malnutrition



Consume meat, fish, milk, egg and beans



Consume green vegetable, Other vegetables, fruits (home garden)



Consume other carbohydrates (rice, flour sugar, taro, roots and , carbohydrate from animal/vegetable fats and crops. these elements are essential to maintaining a balanced and healthy



ADB

CONSEIL SANTÉ