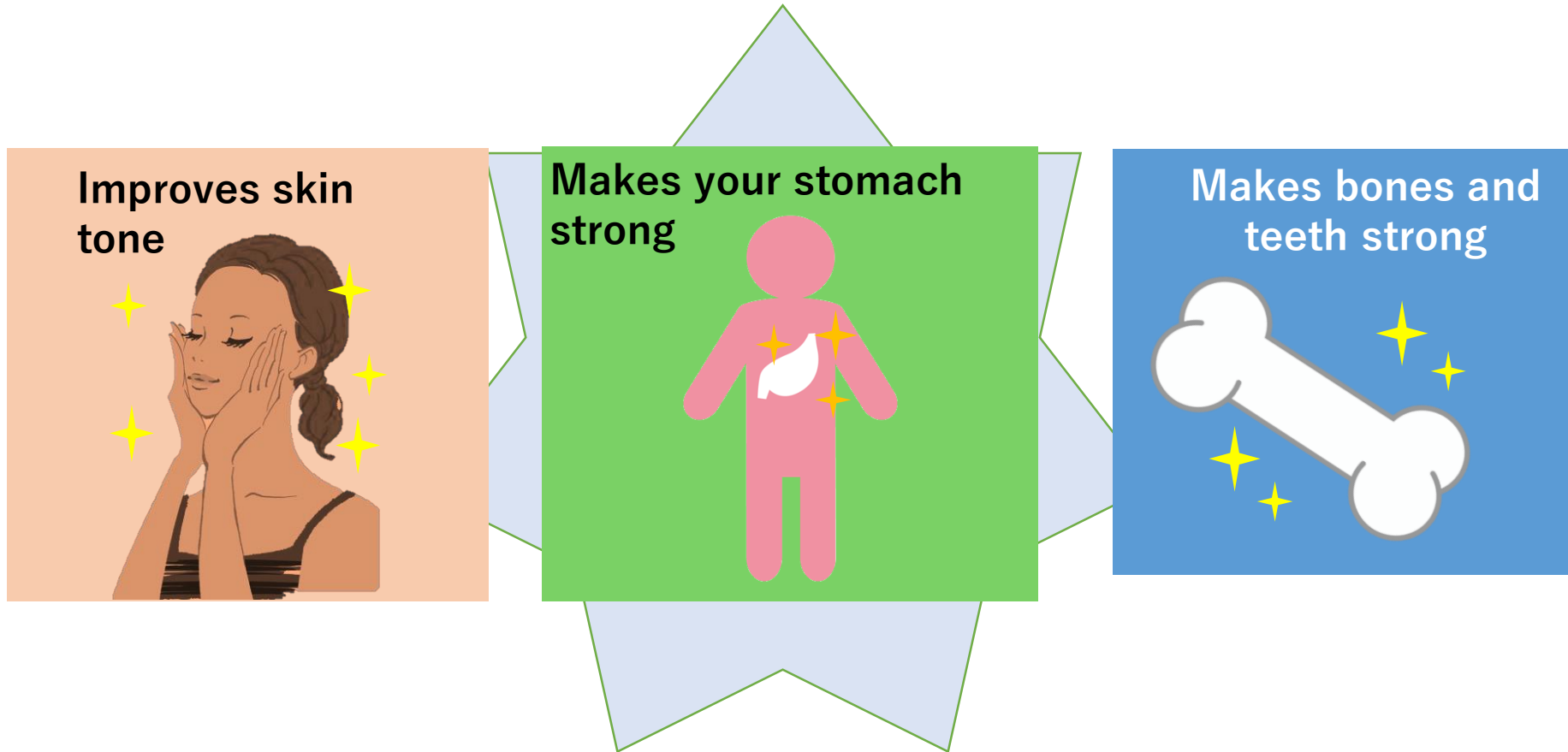


Cabbage

Example of key message:

# “Cabbage prevent gastritis and stomach ulcers”



# Health effects of cabbage

Example of key message:

**“ Cabbage prevent gastritis and stomach ulcers ”**



The infographic consists of three colored boxes arranged horizontally, connected by a central blue starburst shape. The left box is orange and features an illustration of a woman's face with yellow sparkles around it, with the text 'Improves skin tone'. The middle box is green and features a pink silhouette of a human figure with a white stomach area and yellow sparkles, with the text 'Makes your stomach strong'. The right box is blue and features a white illustration of a bone with yellow sparkles, with the text 'Makes bones and teeth strong'.

**Q** Why does it make your gastric strong?

**A** It contains a nutrient (vitamin U) that protects and repairs the stomach lining.

**Q** Why is it good for the skin?

**A** It contains nutrient (Vitamin C) which improves skin condition.

**Q** Why does it strengthen bones and teeth?

**A** It contains a nutrient (calcium) that is the main component of bones and teeth.

# Tips for cooking and eating cabbage

Eat the cabbage core (center) as well. It is high in vitamin C



Avoid overheating



Example

Important to eat with a variety of foods



# Tips for cooking and eating cabbage

**Tips for cooking and eating cabbage**

**Eat the cabbage core(center) as well. It is high in vitamin C**

**Avoid overheating**

**Important to eat with a variety of foods**

Example

Eat the cabbage core(center) as well. It is high in vitamin C.

Avoid overheating cabbage. The longer a food is cooked, the greater the loss of nutrients. When you cook, fry it quickly with some soup that dissolves the nutrients.

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).