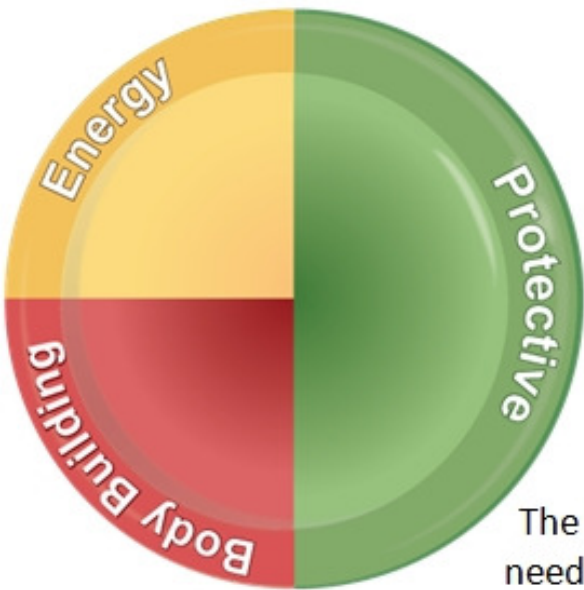
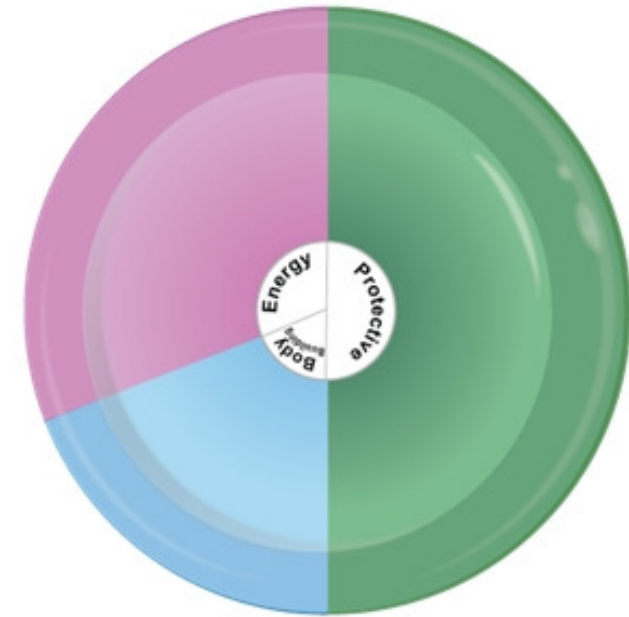


Choosing Pacific food plates – The rational

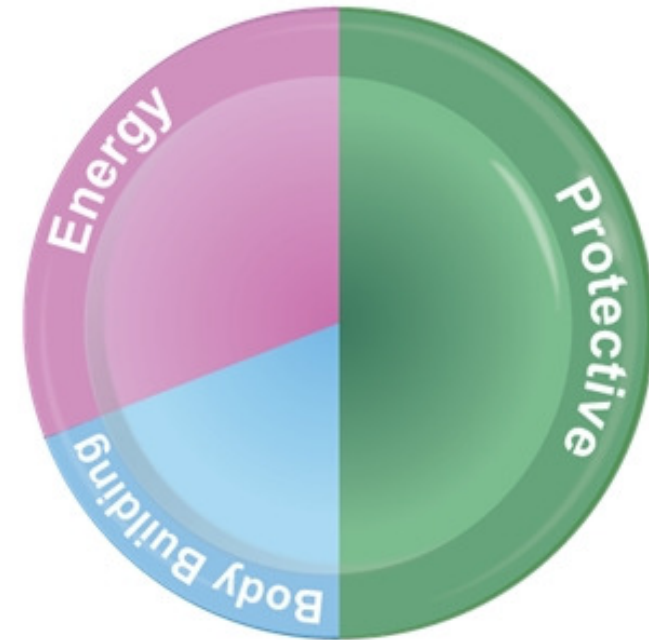
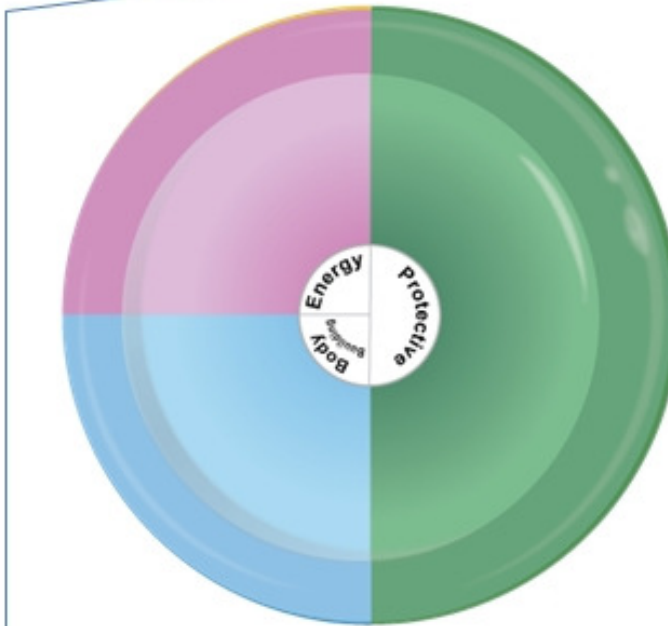


Pacific Island food plate

Proposed versions of Pacific Island food plates which promote 'Protective' foods and support diabetes education

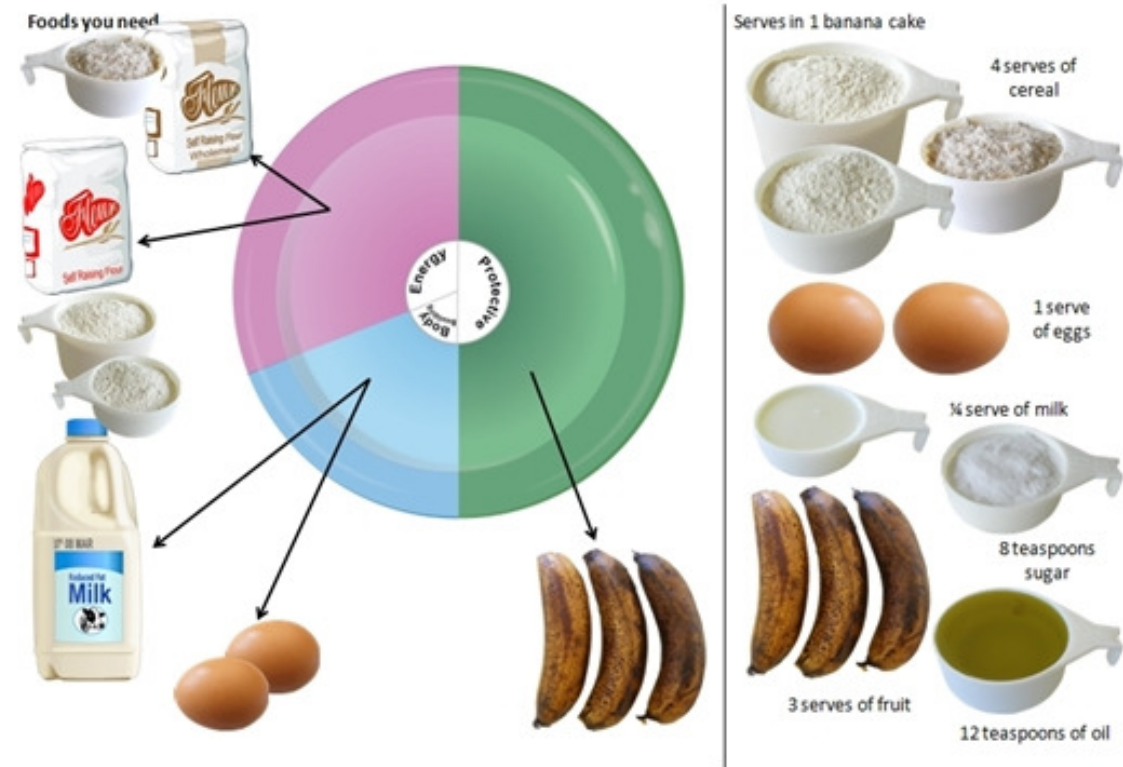


The 'Foods you need' food plate. Currently being implemented on the Cooking website





Example of version using WHO Pacific food plate



Example of version using an adaption of food plate that promotes Protective foods and is more compatible with diabetes education



The food plate will have images of food like this website

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To provide discussion of different food plate options

Target group:

Nutrition educators.

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