

ONE

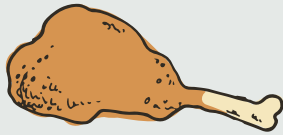
HANDFUL



of shelled peanuts has the same protein as



has these benefits



1 CHICKEN LEG



1 HANDFUL OF BEANS



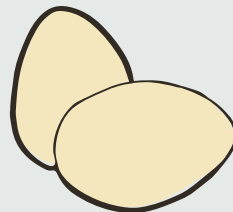
3 EARS OF MAIZE



2 GLASSES OF MILK



16 PORTIONS OF SWEET POTATOES



2 EGGS



HEALTHY HEART



NUTRIENTS FOR MOTHERS



HEALTHY WEIGHT



NUTRIENTS FOR CHILDREN



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