

# Portion control

African plate

Discover the power of portion control and its crucial role in maintaining a healthy diet for a better you

## Carbohydrates

- Amala
- Fufu
- Gari
- Banku

## Fruits & Vegetables

- Carrots
- Potato
- Cabbage
- Avocado
- Pineapple
- Pawpaw
- Melon
- Banana
- Mango
- Papaya

## Proteins

- Fish
- Eggs
- Beans
- Chicken
- Goat meat

