3 FOODS TO START EATING TODAY

The Haitian Nutritionist LLC



1 ORANGES

Aim for 3+ oranges (or other citrus fruits) per week.

2 CABBAGES

Aim for 1 cup of cabbages (or other cruciferous vegetables), 3-5 times a week.





3 SWEET POTATOES

Aim for 2-3 cups of cooked sweet potatoes per week.