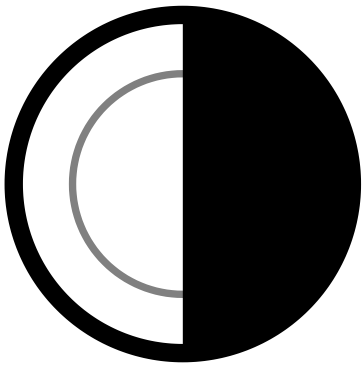
SEAFARERS HEALTH

HEALTHY FOOD | NO. 03

HEALTH



1/2

of the plate: vegetables

Fill half the plate with vegetables.

Read the free guide

seafarershealth.org/healthy-food/

Free to print and share. General information, not medical advice.