

Put Tilapia On Your Plate And You'll Stay Healthy!

Tilapia is good for everyone!

Tilapia is nutritious

Eat tilapia for a strong body and smart mind



Pregnant and lactating women



Babies, infants and children



Elderly



VITAMIN B12

VITAMIN B6

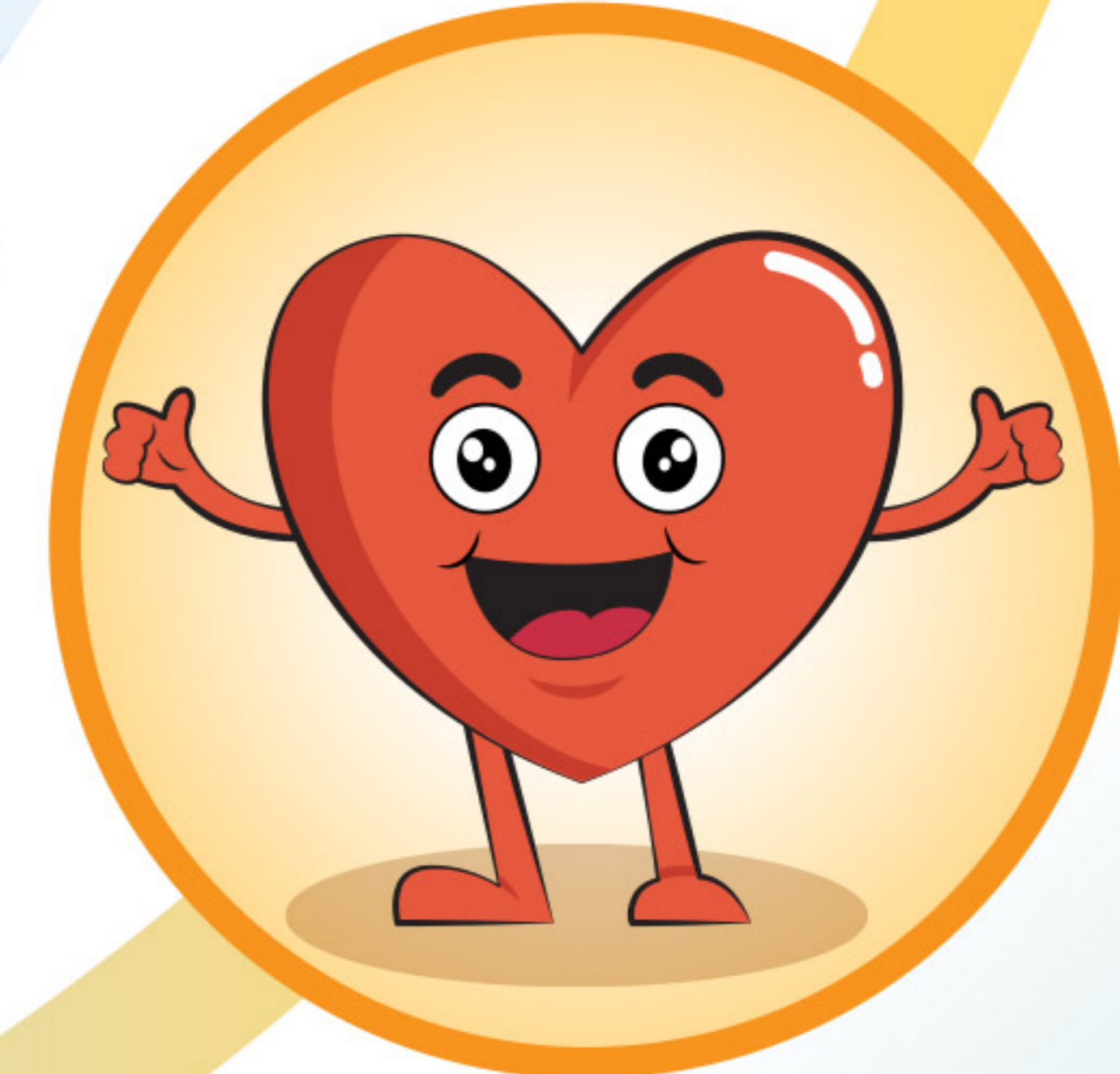
VITAMIN D

OMEGA 3 FATTY ACIDS

OMEGA 6 FATTY ACIDS



Healthy growth and development



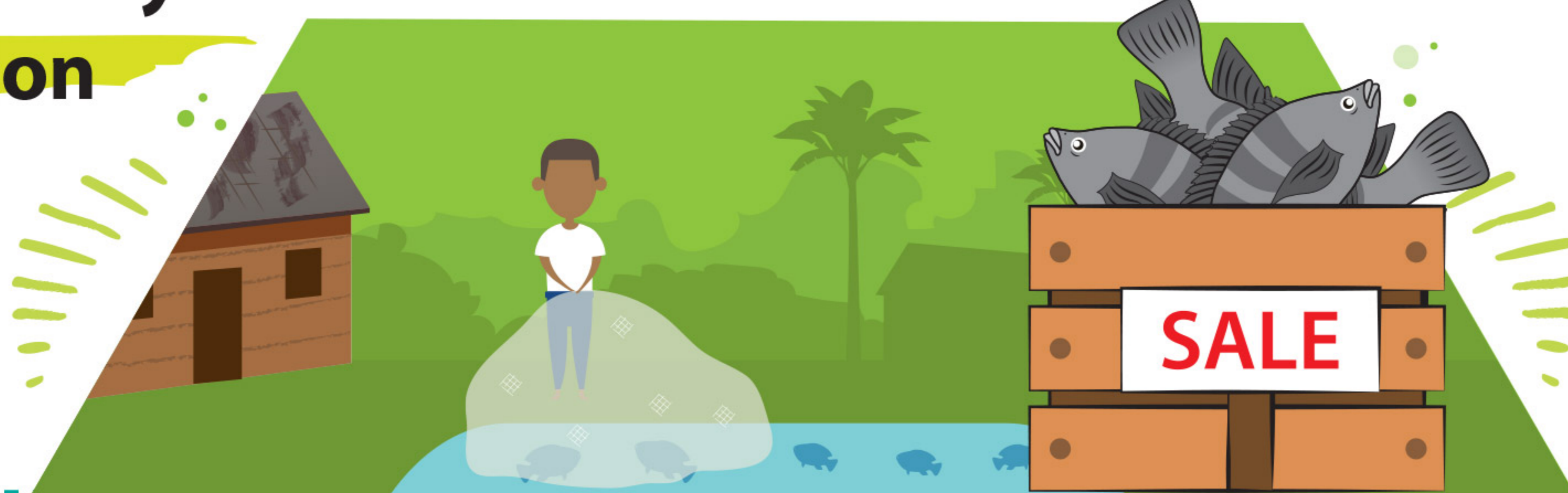
Prevent heart disease



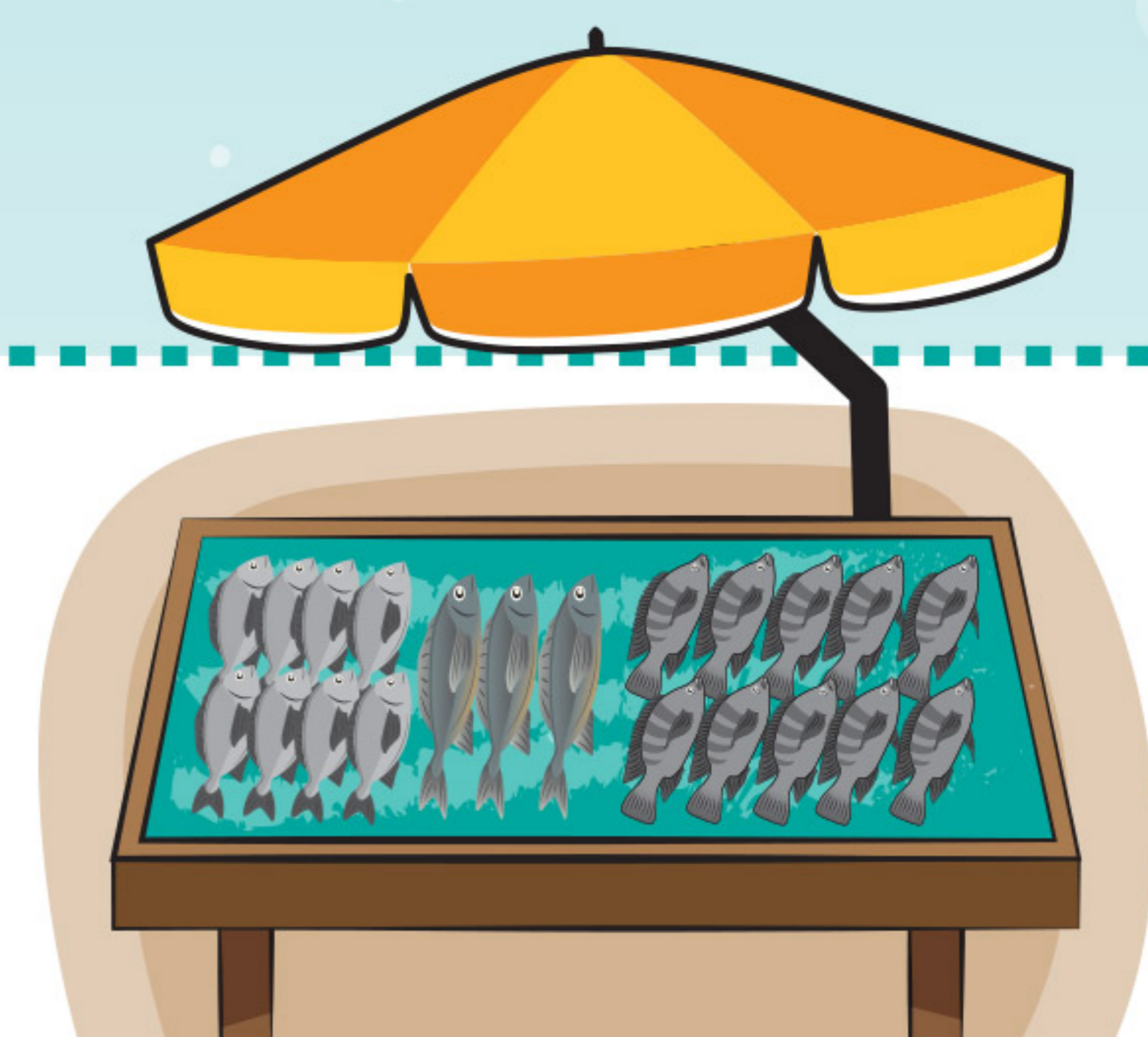
Good brain function

Tilapia is easy to grow in your own pond

Eat fish regularly and only sell what's left after family consumption

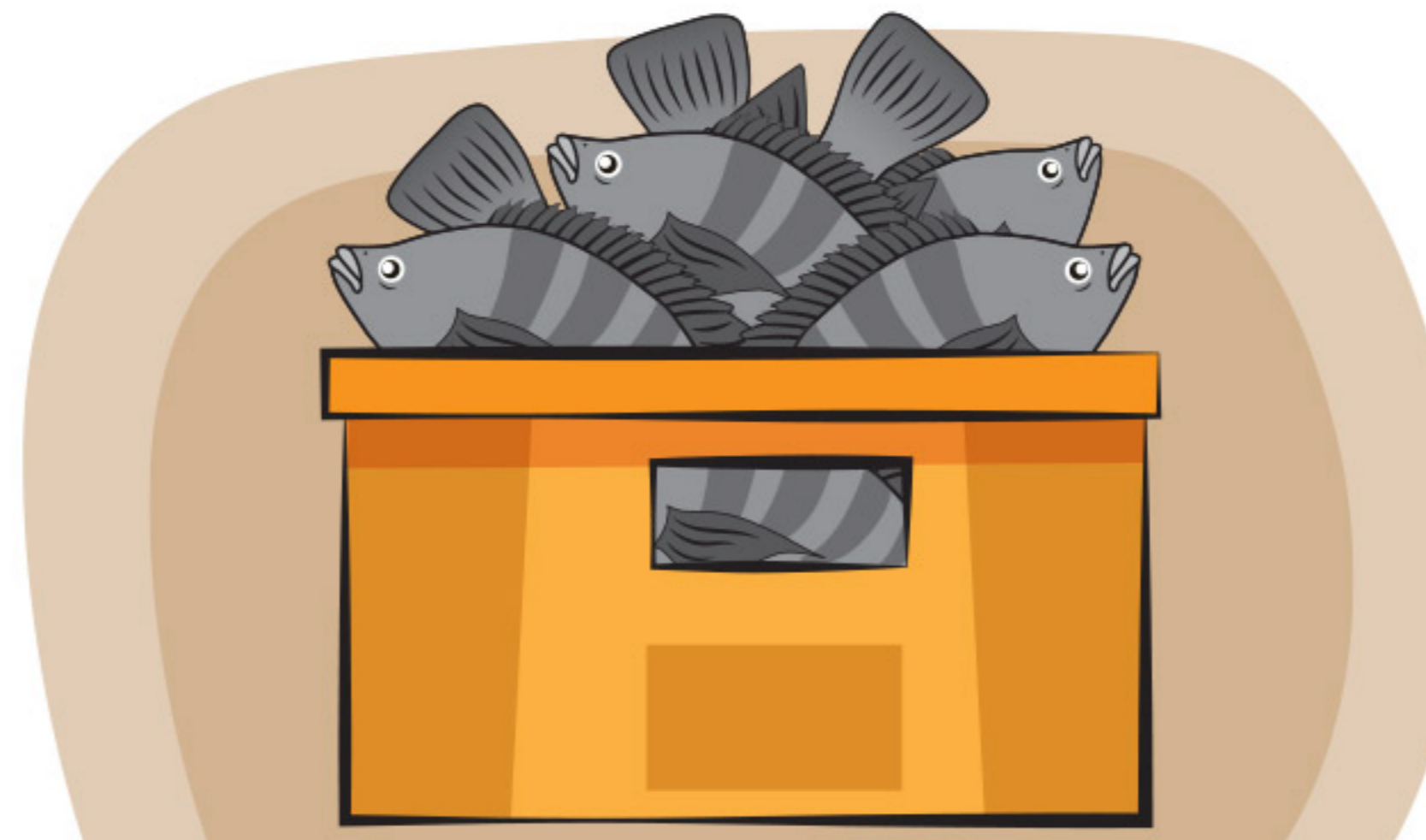


Restaurants

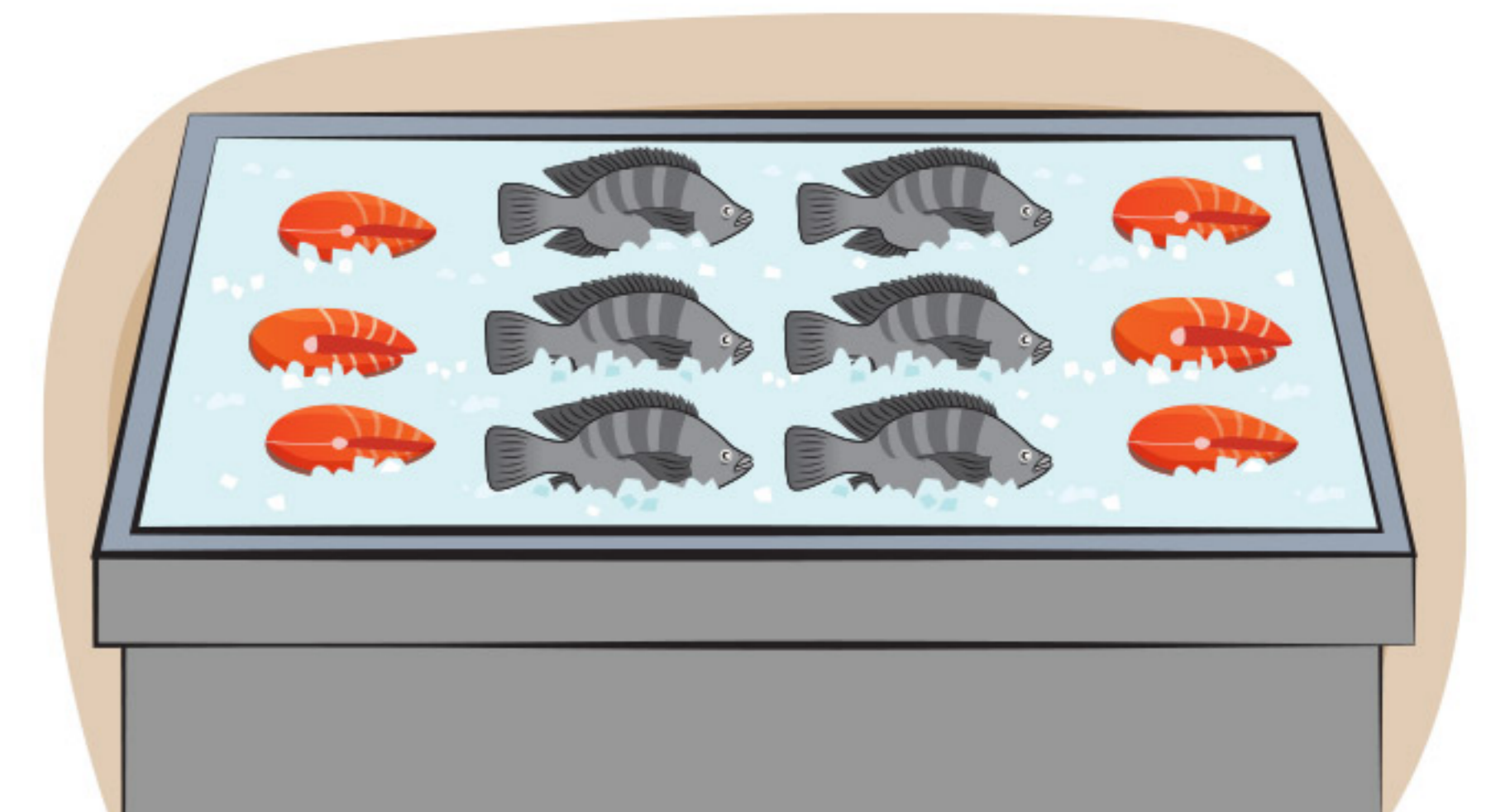


Local market

Tilapia is easy to find

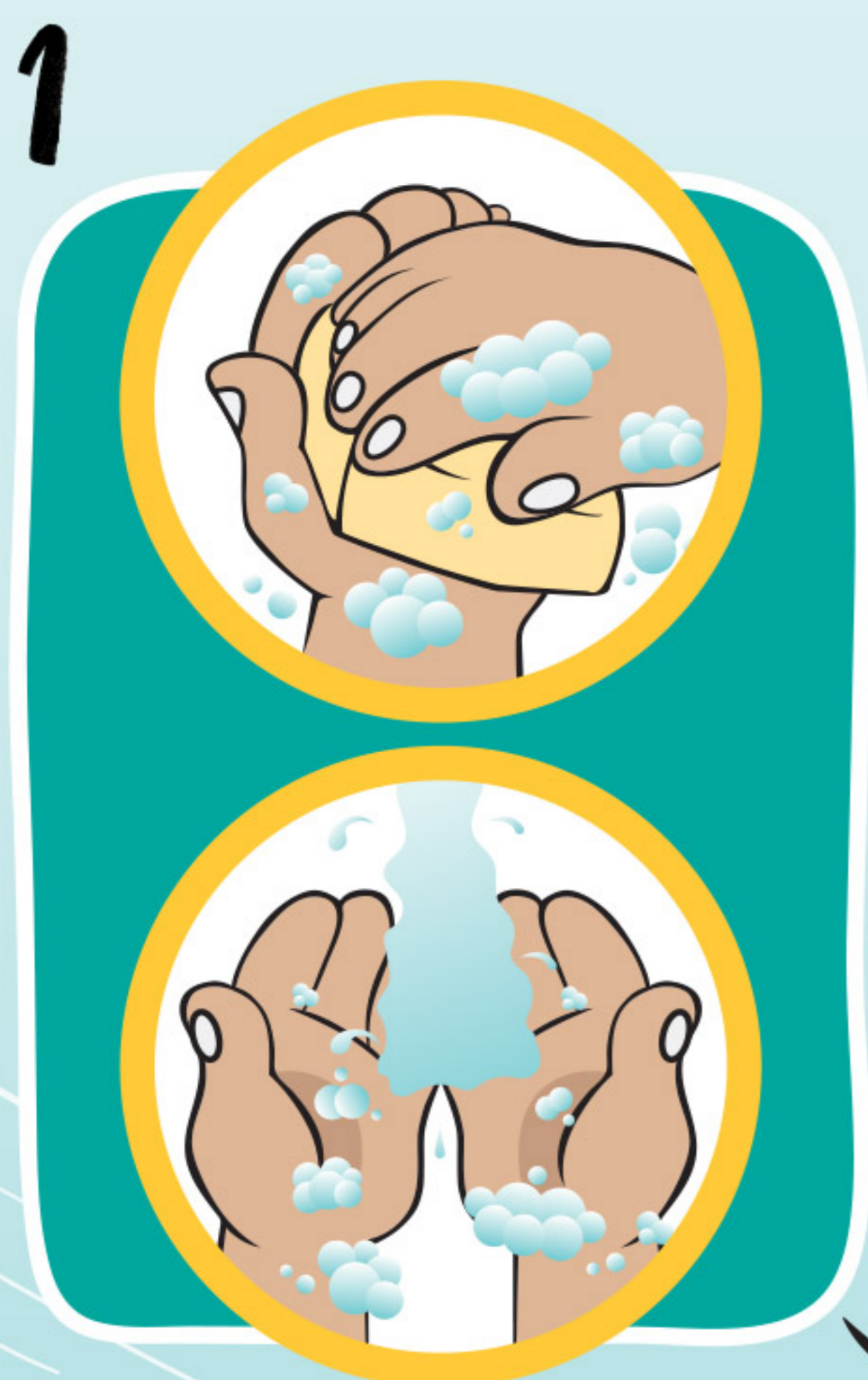


Local fish farmers group

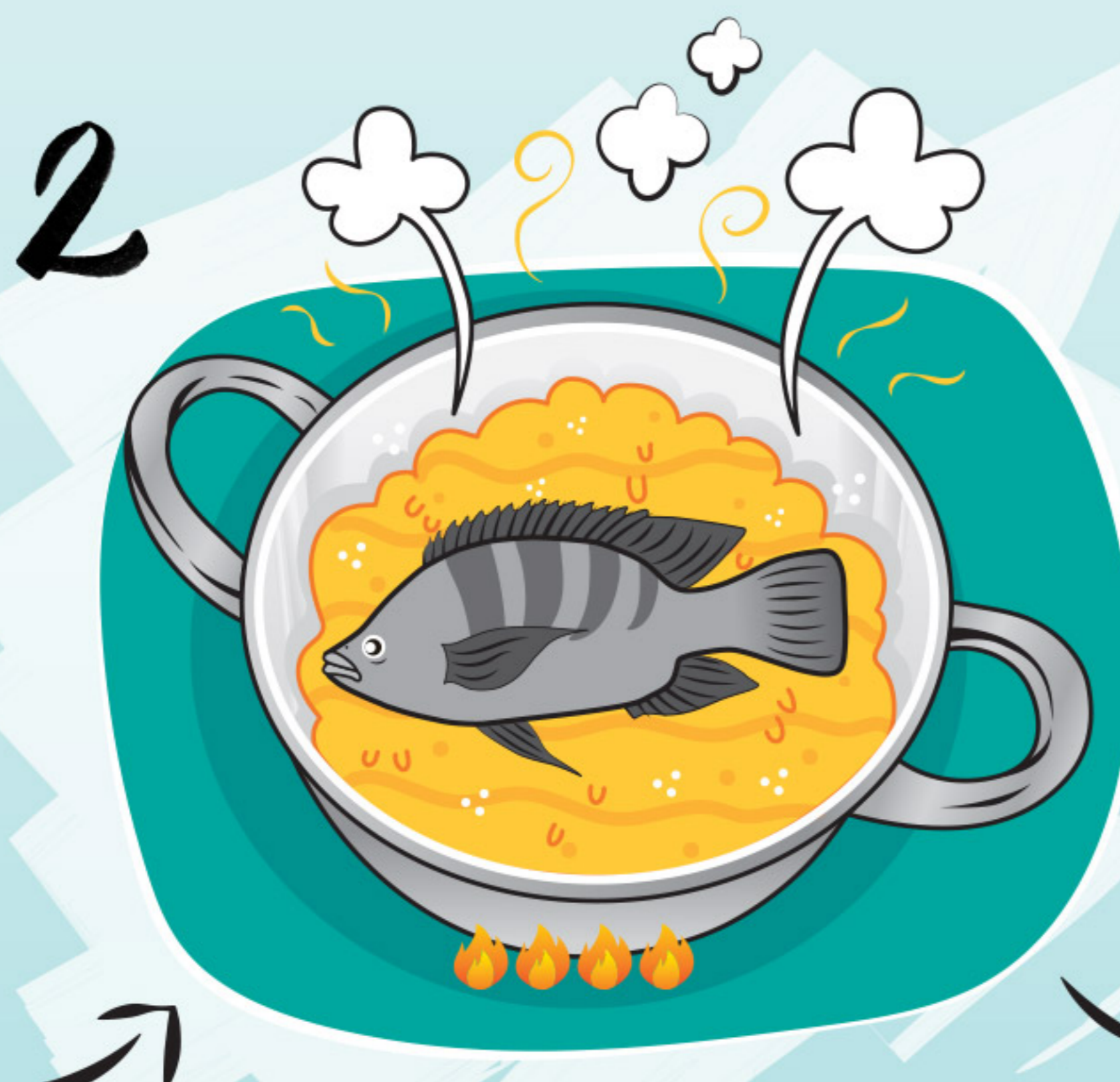


Supermarkets

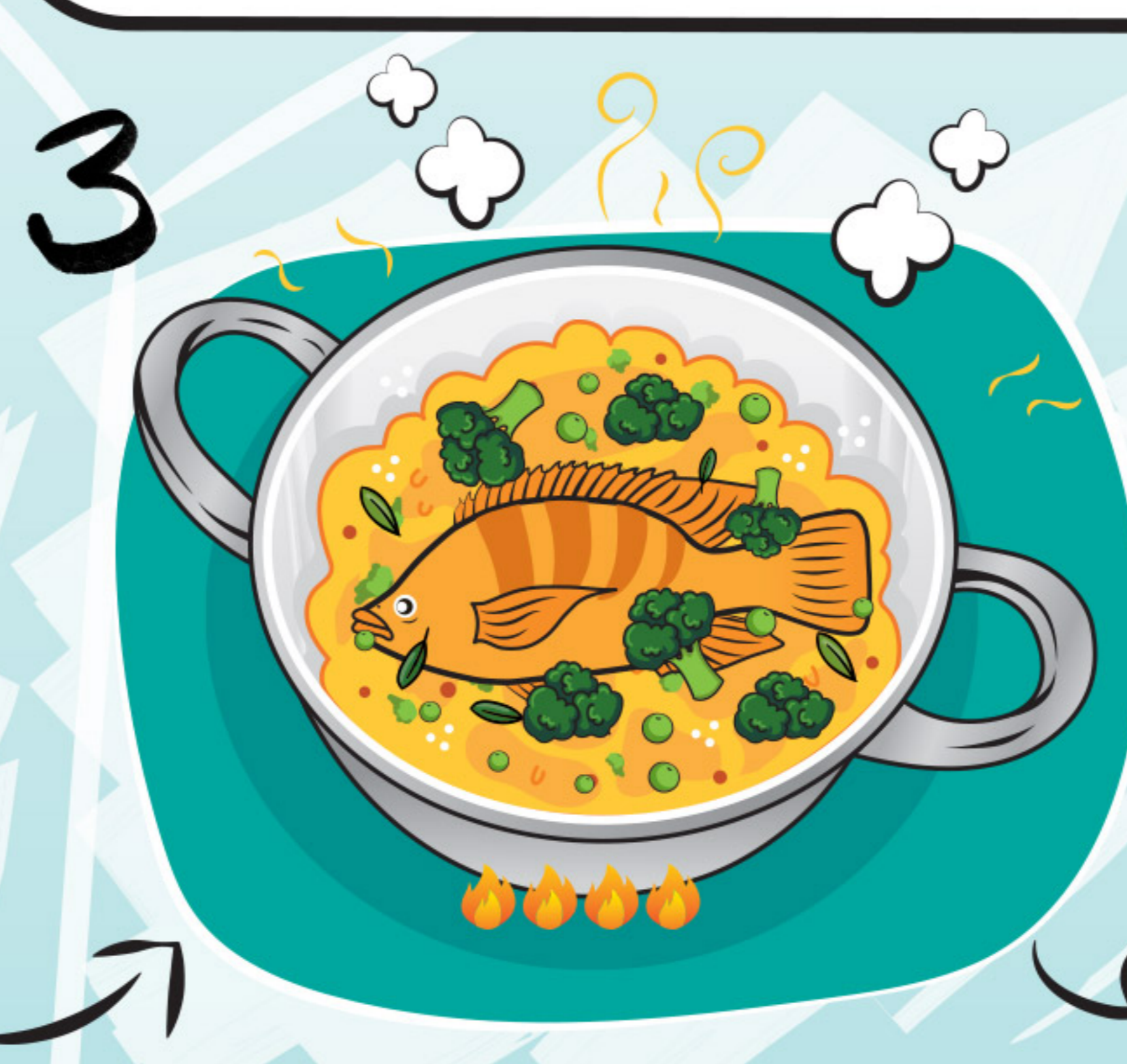
Tilapia is easy to cook and tastes delicious



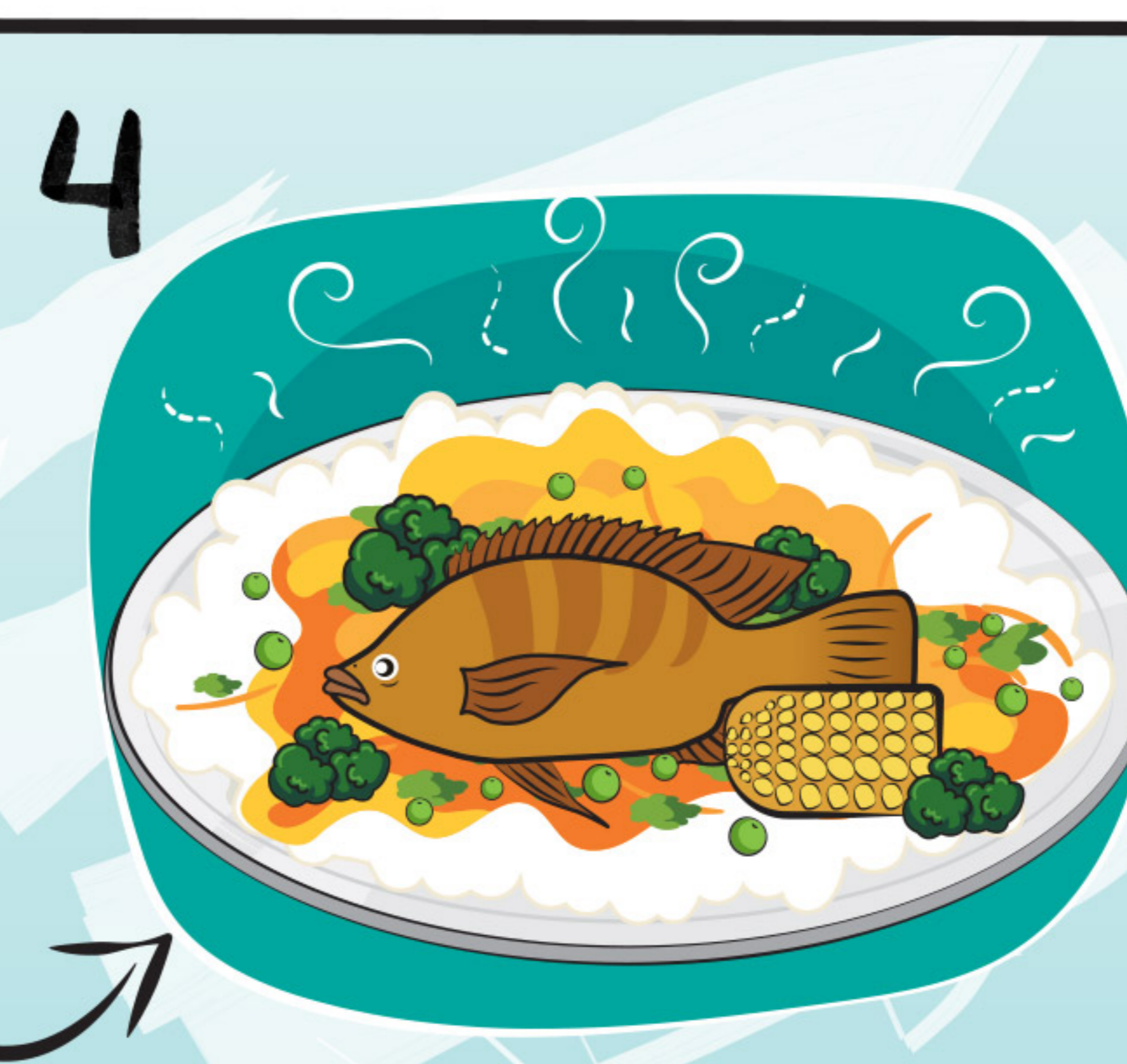
1. Wash your hands with soap and water before you prepare tilapia



2. Cook me any way you like



3. Add vegetables to the dish



4. Serve with boiled rice or corn for a nutritious, balanced meal

