

Healthy Food & Drinks



- Good nutritional content
- Low sugar and salt
- Contains healthy fats
- Made and processed naturally

Rambu, Umbu,
Be wise in
choosing your
food and drinks!

- Bright colors
- Contains preservatives
- Sharp flavors (savory, sweet, or salty)
- Leaves an unpleasant feeling in the throat
- Fried using oil repeatedly



Unhealthy Food & Drinks

(If consumed daily)