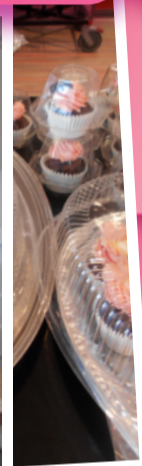


CEZARS INSIGHT

News From Cezars Kitchen & Cezars Cafe

February 2024

Happy VALENTINE'S Day



Valentine's Day celebration in our cafeteria at several International Schools! Thanks to everyone who joined us for a made with love and delicious dessert on this memorable day.

バレンタインデーは、いくつかの国際学校のカフェテリアで祝われました!この思い出深い日に私たちと一緒に参加してくれたみなさん、愛情たっぷりで美味しいデザートをありがとうございました。

Cezars Kitchen K.K

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CEZARSTM
KITCHEN

RAINBOW OF FRUITS AND VEGETABLE



COLOR DIET



HEALTHY HEART

SUPPORT EYESIGHT

REDUCE CHANCES OF BEING SICK

IMPROVES DIGESTION

BOOST BRAIN MEMORY

DIETITIAN'S DIGEST

GUIDE TO YOUR DAILY FOOD INTAKE

Healthy nutrition made easy with food pyramid

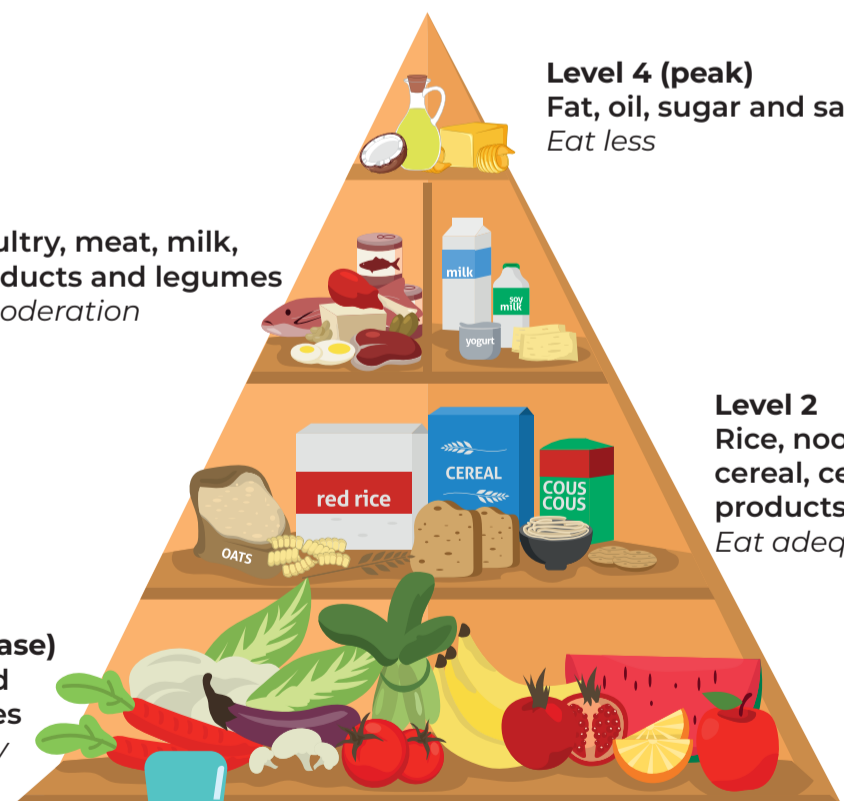
- Helps to select appropriate food intake that meets daily nutrient needs.
- Eat more foods at the base, eat less food at higher level.

Level 3
Fish, poultry, meat, milk, milk products and legumes
Eat in moderation

Level 4 (peak)
Fat, oil, sugar and salt
Eat less

Level 2
Rice, noodle, bread, cereal, cereal products and tubers
Eat adequately

Level 1 (base)
Fruits and vegetables
Eat plenty



Plain water:
6-8 glasses
1 glass = 250 ml