



HEALTH BENEFITS OF *RYE BREAD*

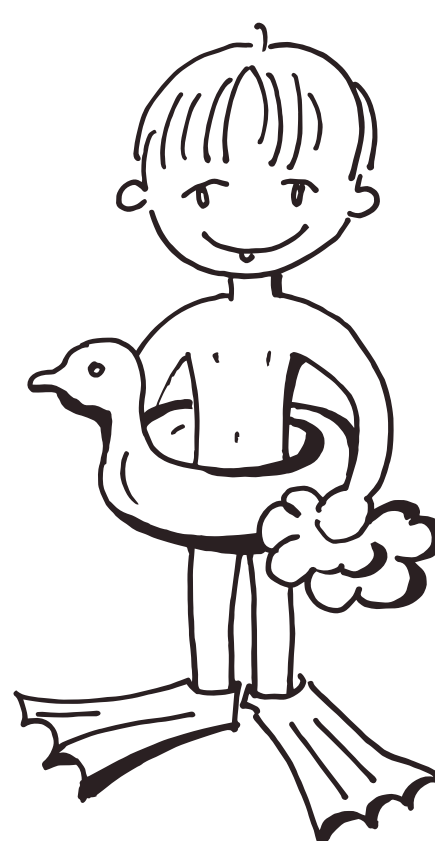
Minerals

strengthen bones
and teeth



Biologically active compounds

boost the immune system



Fiber

helps to cleanse your
body and improves blood
circulation

Carbohydrates

provide your body with
energy



Vitamins

improve endurance and
concentration

Protein

helps to build up muscles
and strengthen nerve cells



Iron

it is an important component
of blood

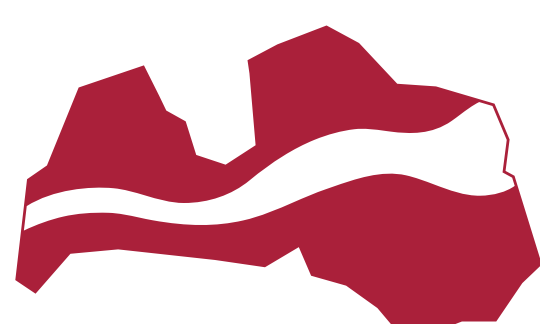
Baltic Country Holidays invite you
www.celotajs.lv/rudzucels

Partners:

LLTA "Lauku ceļotājs", SIA "JS Caunītes", Vineta Cipe, IK "Dzīles", z/s "Bērziņi", z/s "Buliņi", z/s "Klajumi"



NACIONĀLAIS
ATTĪSTĪBAS
PLĀNS 2020



EIROPAS SAVIENĪBA
EIROPA INVESTĒ LAUKU APVIDOS
Eiropas Lauksaimniecības fonds
lauku attīstībai

Atbalsta Zemkopības ministrija un Lauku atbalsta dienests

Project name: Culinary tourism product "Rye Road", Project number: 19-00-A01630-000002