



HEALTH BENEFITS OF *RYE BREAD*

Minerals

strengthen bones
and teeth



Biologically active compounds

boost the immune
system



Carbohydrates

provide your body
with energy



Fiber
helps to cleanse your
body and improves
blood circulation



Protein

helps to build
up muscles and
strengthen nerve cells



Vitamins

improve endurance and
concentration

Iron

it is an important component
of blood

Baltic Country Holidays invite you
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NACIONĀLAIS
ATTĪSTĪBAS
PLĀNS 2020



EIROPAS SAVIENĪBA
EIROPAS 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