

PERSONAL & ENVIRONMENTAL HYGIENE

- . Do regular exercise in most days of the week for at least 30 minutes.
- Practice good personal and environmental hygiene.

EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.

Use iodized salt and eat other fortified foods to increase the intake of micronutrients.

International Food Guide Pyramid

Wolfgang Guggemos

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