

EXERCISE

PERSONAL & ENVIRONMENTAL HYGIENE

- Engage in physical activities like swimming, biking, hiking or household chores rather than in sedentary activities such as television watching or playing computer games.
- Do not smoke.
- Avoid alcoholic beverages.

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.



Food and Nutrition Research Institute Department of Science and Technology General Santos Avenue, Bicutan, Taguig City Tel./Fax: 837-29-34; 837-31-64 http://www.fnri.dost.gov.ph

20canadas Food Guide

Arturo Cuomo

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