

#### 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

# **Nutritional Guide**

**RM Cervero** 



Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Nutritional Guide**. In a downloadable PDF format (\*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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