

FILL YOUR PLATE WITH BALANCED NUTRITION!

Limit Sugar, Salt, and Oil Maximum daily consumption

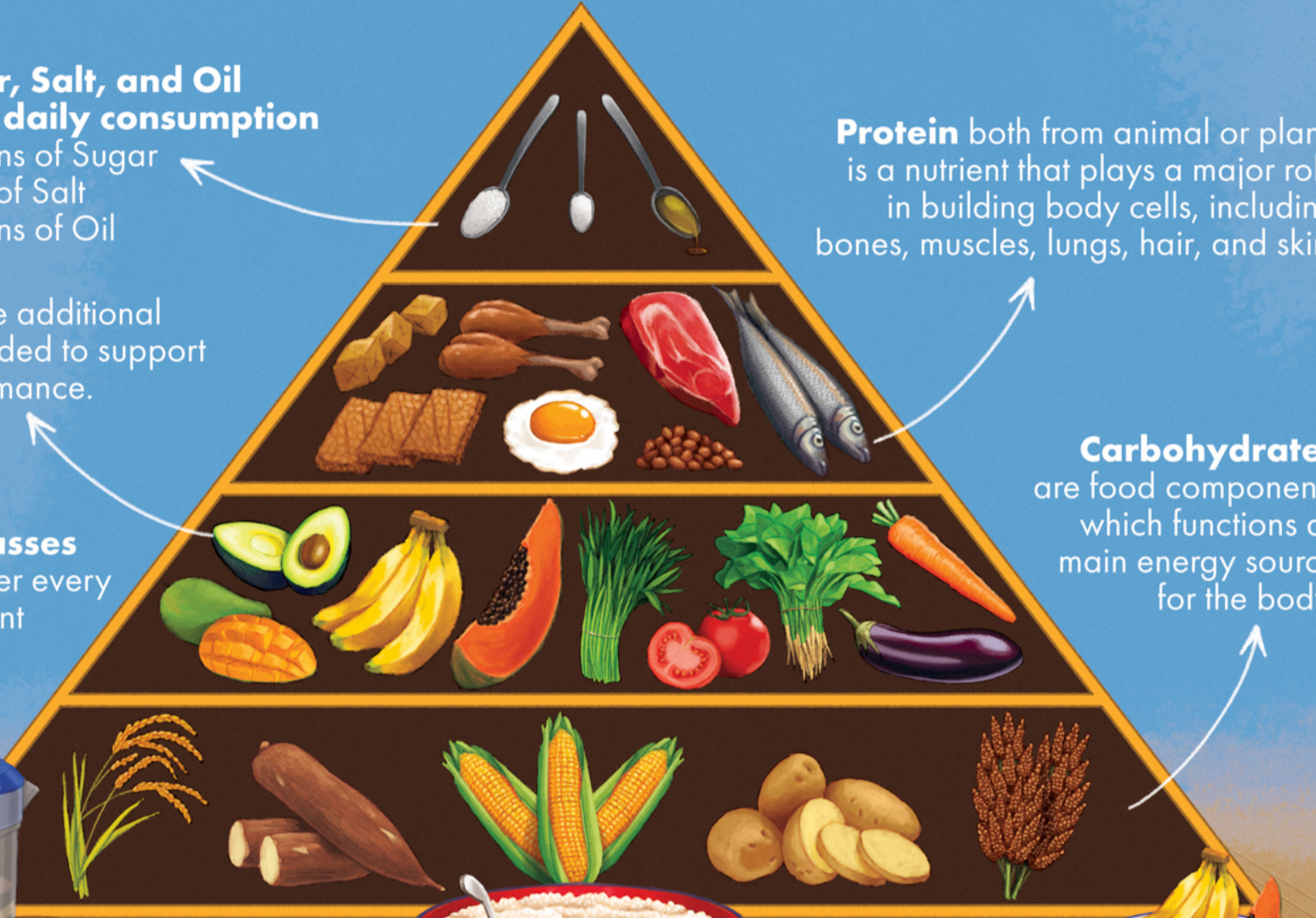
4 Tablespoons of Sugar
1 Teaspoon of Salt
5 Tablespoons of Oil

Protein both from animal or plant, is a nutrient that plays a major role in building body cells, including bones, muscles, lungs, hair, and skin.

Vitamin are additional nutrients needed to support body performance.

Carbohydrates are food components which functions as main energy source for the body.

Drink 8 glasses of clean water every day to prevent dehydration.



With Balanced Nutrition
it will create a generation that
Healthy and Great!