



### 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](http://www.fnri.dost.gov.ph)

# Food Guide For Teenagers

**Ramona Thieme Mercer**



## **Food Guide For Teenagers:**

Eventually, you will categorically discover a other experience and ability by spending more cash. yet when? complete you take on that you require to get those all needs subsequent to having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more on the globe, experience, some places, following history, amusement, and a lot more?

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