



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.



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Food Guide For Teenagers

Philip Bashe



Food Guide For Teenagers:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Food Guide For Teenagers** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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