



### 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  
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# Personalized Food Guide Pyramid

**JA Banks**



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