



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)

Pf Chiangs Nutrion Guide

JR Anderson



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offspring that are genetically unique fertilisation is the process in which the nucleus of a sperm cell fuses with the nucleus of
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the early stages of embryonic development are also crucial for ensuring the fitness of the organism fertilization fertilization pictured in figure 43 23a is the process in which

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