

## PERSONAL & ENVIRONMENTAL HYGIENE

- . Do regular exercise in most days of the week for at least 30 minutes.
- Practice good personal and environmental hygiene.

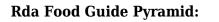
### EATING PLAN FOR HEALTHY LIVING

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.

# **Rda Food Guide Pyramid**

**S Marginson** 



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