ALPHABETS OF NUTRITION



BALANCED DIET



DIETARY FIBRE



IRON+



GLVs*



Very good source of Protein **EGG**

Take Less FATTY FOODS



Say NO to





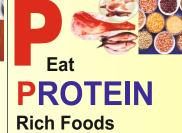
JUNK FOODS

Low glycemicGood source of Protein



NUTS **Rich in Proteins**















VITAMINS





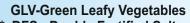
UNITE for Health

Stress Management

Essential for Health

YOGA For

ZINC for better immunity



** DFS - Double Fortified Salt

*** PEM- Protein Energy Malnutrition



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