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Basic Nutrition Module 1 - Getting started

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Basic Nutrition For Filipinos 5th

Consume fish, lean meat, poultry, eggs, dried beans or nuts daily for growth and repair of body tissues. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, every day for healthy bones and teeth. Consume safe foods and water to prevent diarrhoea and other food and water-borne diseases.

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