

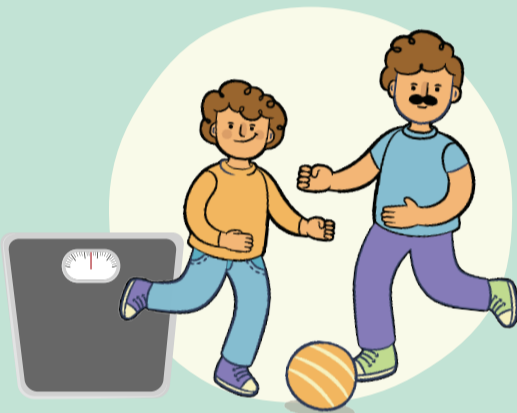
# 10 Balanced Nutrition Messages



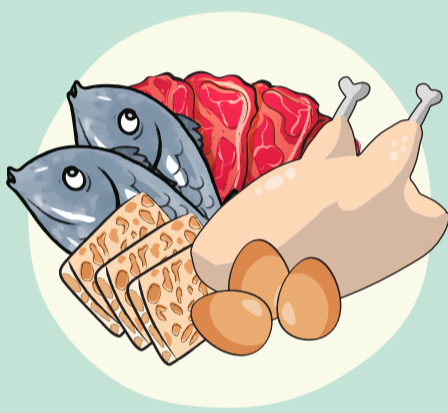
**Eat nutritionally balanced and diverse meals**



**Limit consumption of sugar, salt and fat**



**Do regular physical activities and monitor healthy body weight**



**Consume high-protein foods**



**Eat more fruit and vegetables**



**Drink enough clean and boiled water**



**Read food labels**



**Wash hands with soap and running water for 60 seconds**



**Make healthy breakfast a daily habit**



**Be grateful for the food we eat**

