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

- 6-8 glasses/day
- Nutrition Facts
- Make healthy breakfast a daily habit