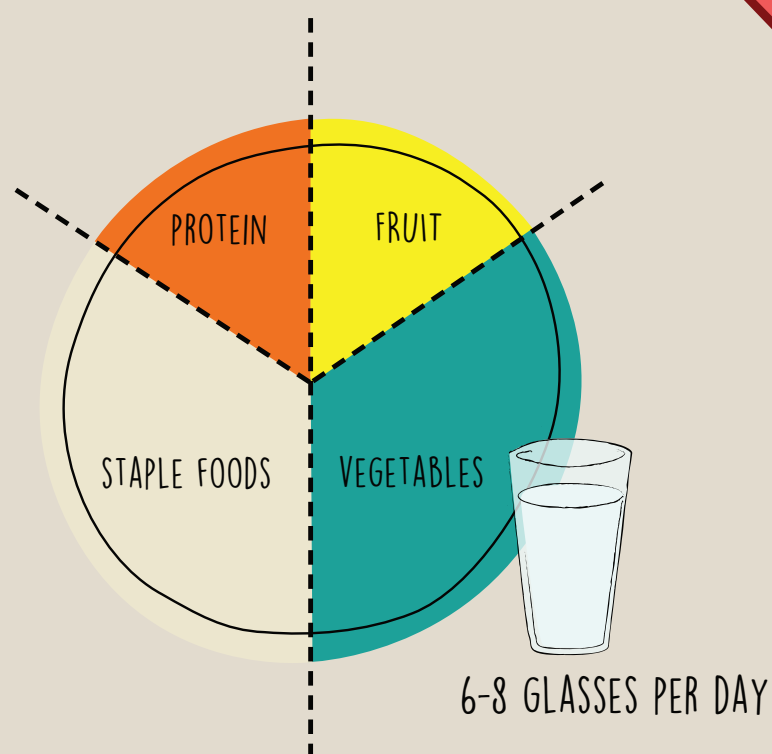
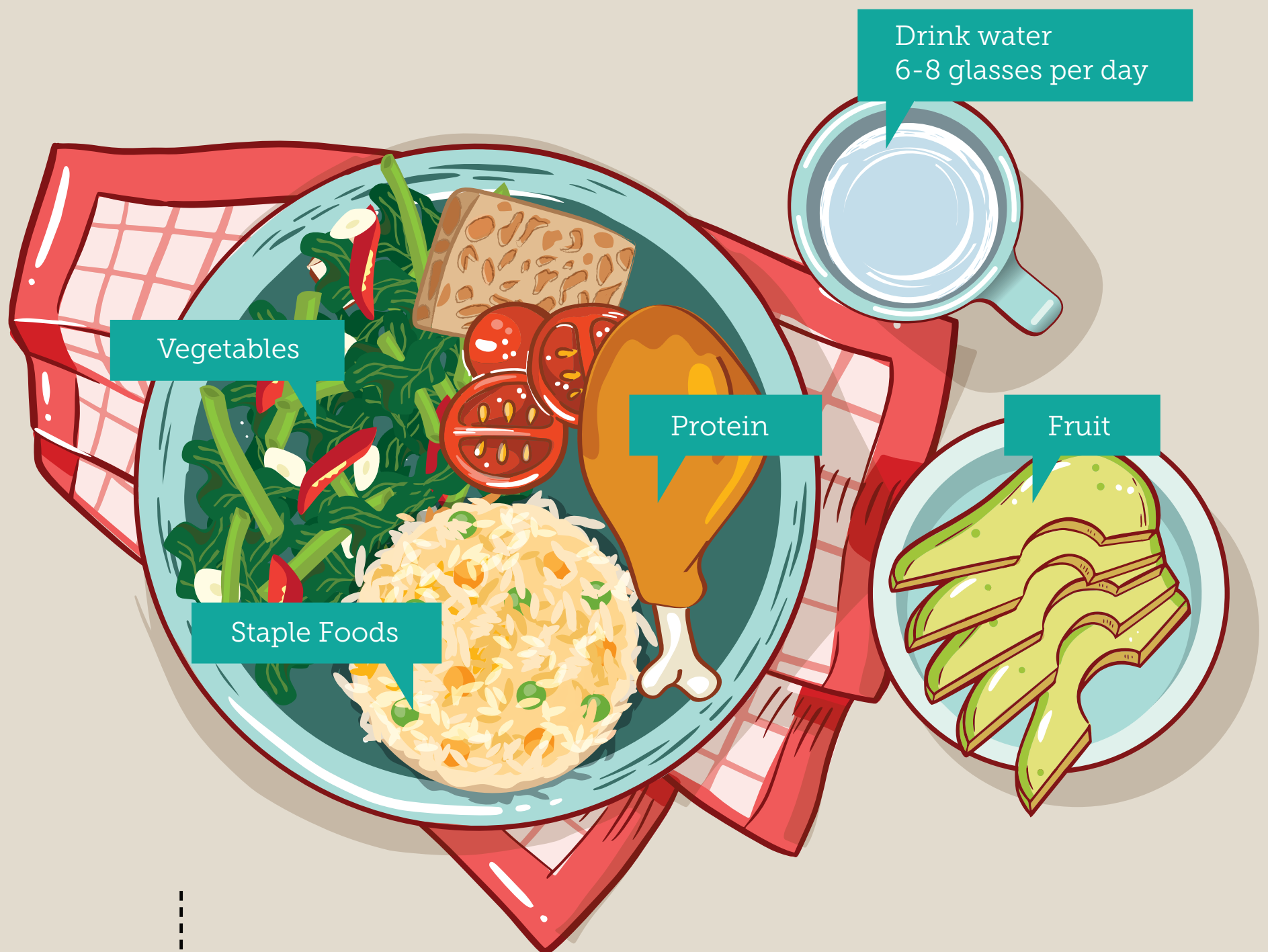


Isi Piringku Fill My Plate

A one-meal guidance



Fill your plate with a healthy meal by following a nutritionally balanced portion of staple foods, protein -source foods, vegetables and fruit . Drink 6-8 glasses of water per day .

