

ALPHABETS OF NUTRITION

A



Physical
ACTIVITY

B



BALANCED
DIET

C



CALCIUM
For bones strength

D



DIETARY
FIBRE

E



Very good source of Protein
EGG

F



Take Less
FATTY FOODS

G



Eat as much as
GLVs*

H



Ensure
HYGIENE

I



IRON+
IODINE=DFS**

J



Say NO to
JUNK FOODS

K



PEM=
KWASHIORKOR

L



LEGUMES
• Low glycemic
• Good source of Protein

M



MILK &
MILLETS Full of nutrients

N



NUTS
Rich in Proteins

O



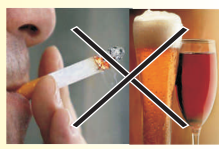
Control
OBESITY

P



Eat
PROTEIN
Rich Foods

Q



QUIT BAD
HABITS

R



RIBOFLAVIN
Control Infections

S



SALT
In Moderation

T



Prefer
TRADITIONAL
FOODS

U



UNITE
for Health

V



VITAMINS
Essential for Health

W



Drink plenty of
WATER

X



EXERCISE
Regularly

Y



YOGA For
Stress Management

Z



ZINC for better
immunity

- * GLV-Green Leafy Vegetables
- ** DFS - Double Fortified Salt
- *** PEM- Protein Energy Malnutrition



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