

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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