OUR BODY IS 70% WATER. DRINK 8-10 GLASSES OF WATER A DAY.
GERMS CAUSE DISEASES.
WASH YOUR HANDS BEFORE EATING.
BODY NEEDS PROPER NUTRITION.
EAT A BALANCED MEAL.
OVER-ORDERING LEADS TO OVEREATING.
CHOOSE THE RIGHT PORTION.
ACTIVE LIFESTYLE INCREASES LIFE SPAN.
EXERCISE REGULARLY.
EXCESS SALT & SUGAR CAN LEAD TO HEALTH PROBLEMS. AVOID ADDING EXTRA.
PORTION YOUR PLATE

GOOD FATS

PROTEIN

CARBOHYDRATES

VEGETABLES AND FRUITS
GERMS CAUSE DISEASES.
WASH YOUR HANDS BEFORE AND AFTER HANDLING FOOD.
AVOID HIGH FAT FOODS