



### EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.  
Use iodized salt and eat other fortified foods to increase the intake of micronutrients.



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Department of Science and Technology  
General Santos Avenue, Bicutan, Taguig City  
Tel./Fax: 837-29-34; 837-31-64  
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# Personalized Food Guide Pyramid

**L Towne**



**Personalized Food Guide Pyramid:**

## **Personalized Food Guide Pyramid Book Review: Unveiling the Power of Words**

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Personalized Food Guide Pyramid**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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