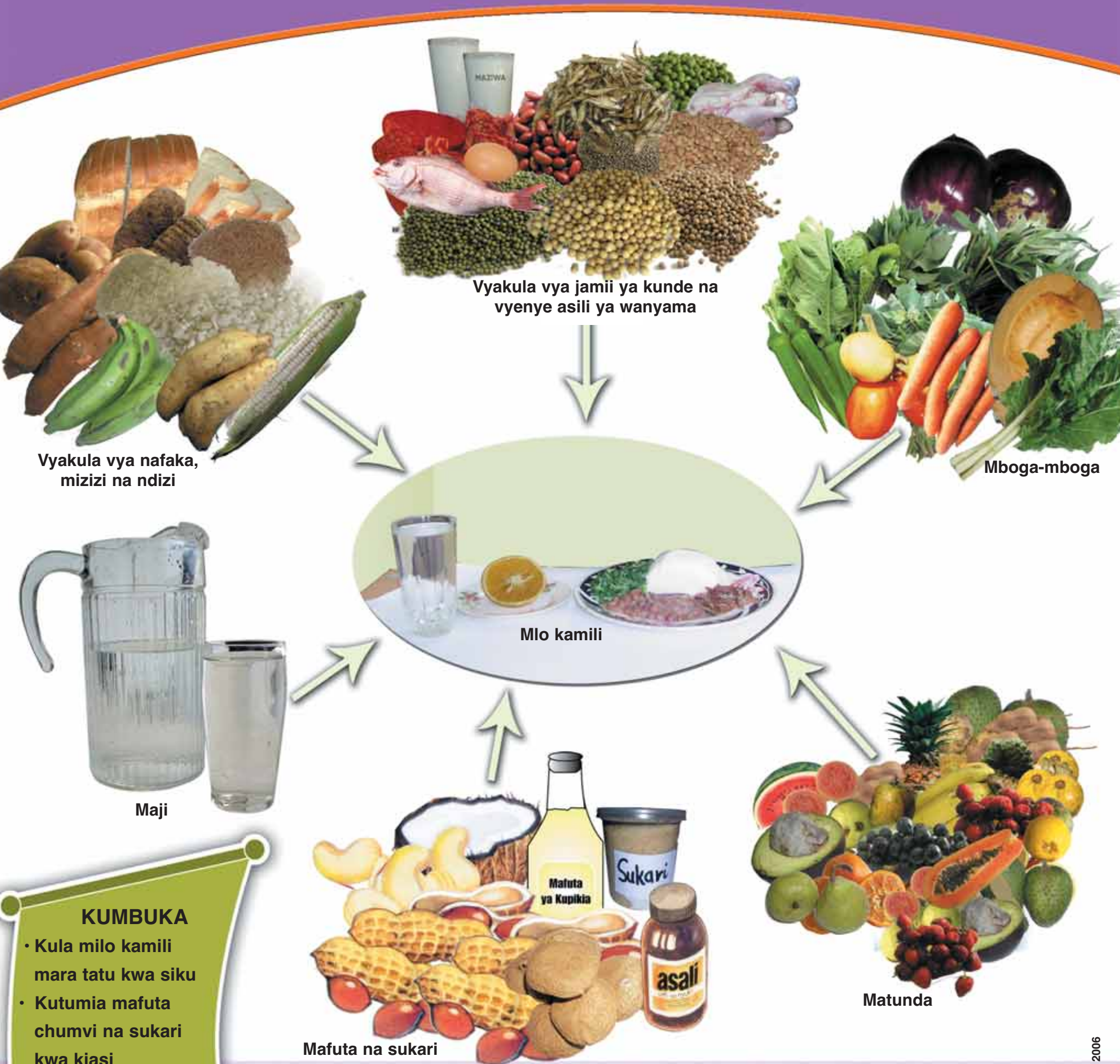


ULAJI BORA NI MUHIMU KWA AFYA YAKO



KUMBUKA

- Kula mlo kamili mara tatu kwa siku
- Kutumia mafuta chumvi na sukari kwa kiasi
- Kula matunda na mboga-mboga kila siku
- Kufanya mazoezi mara kwa mara

Chagua angalau chakula kimoja kutoka katika kila kundi ili kupata mlo kamili

Imefadhiliwa na USAID kupitia programu ya Tumaini



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Reprinting funded by: GLOBAL FUND ROUND 4