

To keep yourself healthy, you have to...



**HAVE A BALANCED
DIET.**



**AVOID JUNK FOOD AND
SWEETS.**

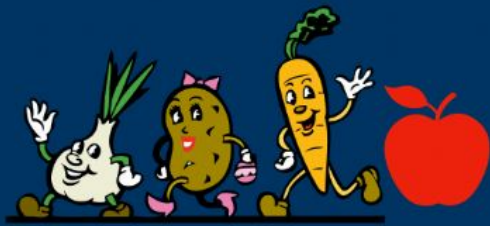


DRINK WATER

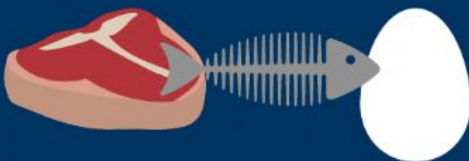
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FRUITS AND
VEGETABLES



PULSES AND
CEREALS



DAIRY
PRODUCTS



MEAT, FISH
AND EGGS