

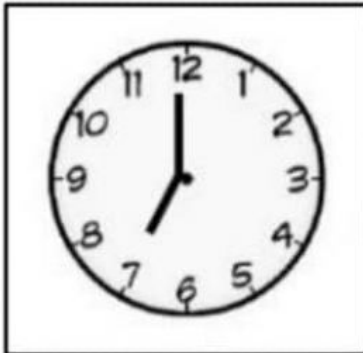
Panduan Diet Sihat

Nama : _____

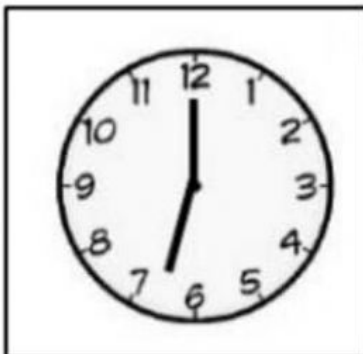
Tarikh : _____



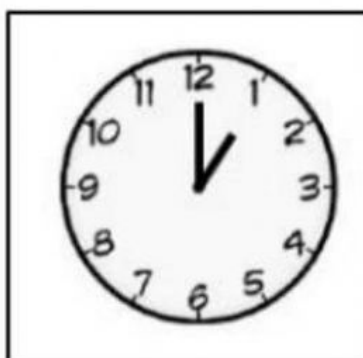
Padankan waktu makan yang betul.



Sarapan Pagi



Makan Tengah
Hari



Makan Malam