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Consume milk, milk products and other calcium-rich foods such as small fish and dark green leafy vegetables every day. An adequate amount of calcium in the diet starting from childhood all through adulthood will help prevent osteoporosis in later life. Use iodized salt, but avoid excessive intake of salty foods.

~~Nutrition: 10 Nutritional Guidelines for Filipinos — Tawid ...~~

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5. 10 Nutritional Guidelines For Filipinos 1. Eat a variety of foods everyday. 2. Breast-feed infants exclusively from birth to 4-6 months and then, give appropriate foods while continuing breast-feeding.

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The overall aim of this note is to increase the knowledge and skills of learners in nutrition and its application to developing and maintaining health through life cycle. Other aims include providing for the learners understanding of basic nutrition and application of this basic knowledge in nutrition to solving diet related health problems.

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