

Wellness

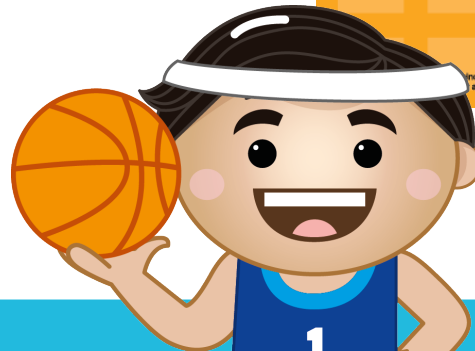
CAMPUS

MODULE 1 PINGGANG PINOY



PINGGANG PINOY

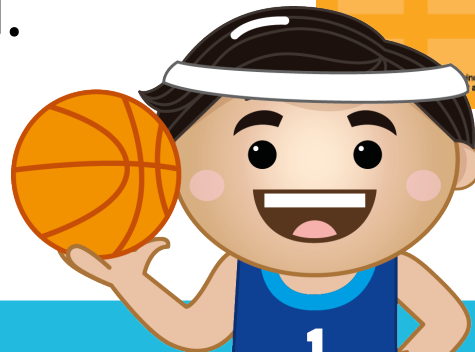
If we make each meal a Pinggang Pinoy® we will get the energy and nutrients our bodies need to be healthy.



For children aged 3-12 years, Children with specific health conditions should be brought to a health care provider for consultation regarding their energy and nutrient needs.

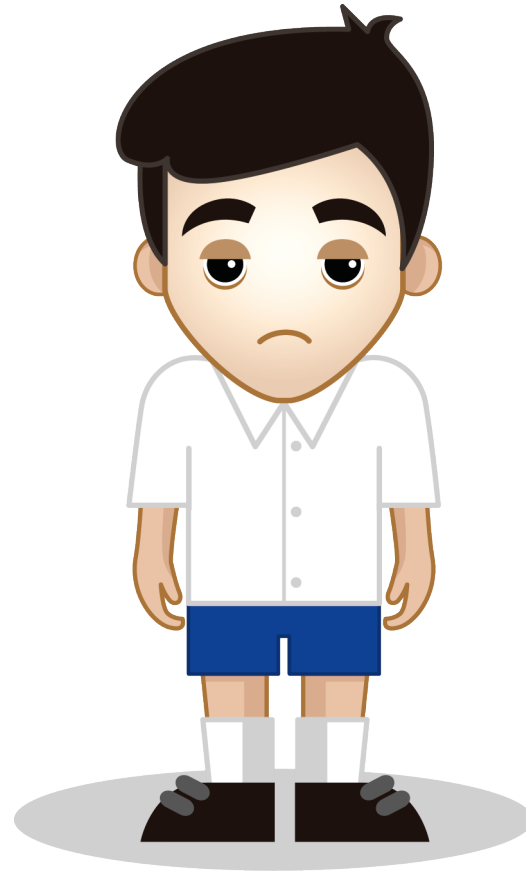
PINGGANG PINOY

Just follow the **Pinggang Pinoy**[®] guide to know how much Go, Grow and Glow foods you should eat with each meal.



PINGGANG PINOY

Pinggang Pinoy[®]
helps us to get the
nutrients and
energy we need so
that we will not
become
malnourished.



A person who is malnourished...

A person who is malnourished...

- Does not have a strong, healthy body.



A person who is malnourished...

- **Does not have a strong, healthy body.**
- **Is more likely to get sick.**



A person who is malnourished...

- Does not have a strong, healthy body.
- Is more likely to get sick.
- Often lacks energy.

