



### EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.  
Use iodized salt and eat other fortified foods to increase the intake of micronutrients.



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# Personalized Food Guide Pyramid

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web category designation for equipment shall consist of six characters pin test waveform set letter a or b as designated in table 22 1 1 or z or x pin test level 1 to 5 as designated in table 22 2 or z or x cable bundle single and multiple stroke test waveform set letter c through k as designated in table 22 1 2 or z or x

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