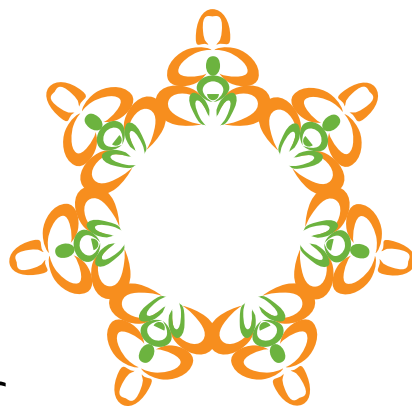




Sustainable Health

VOLUNTEERS
JOB AIDS



Training of Volunteers for Positive Deviance/Hearth

SECOND EDITION



Nutrition Centre of Expertise

Energy Giving Foods (GO)



Body Building Foods (GROW)



Protective Foods (GLOW)



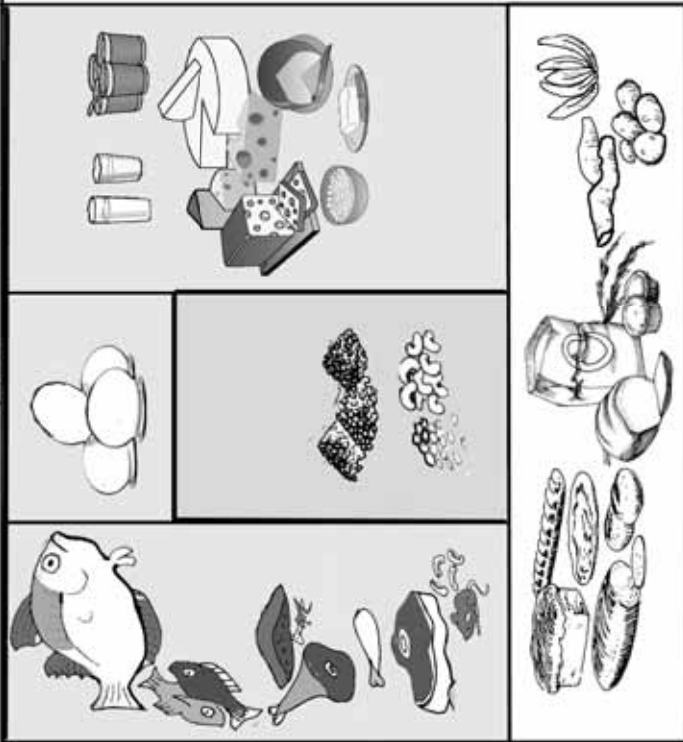
Protective (GLOW)

Vit. A rich fruit & vegetables
Other fruit & vegetables



Body Building (GROW)

Eggs
Dairy
Legumes, nuts
Meat, fish, poultry



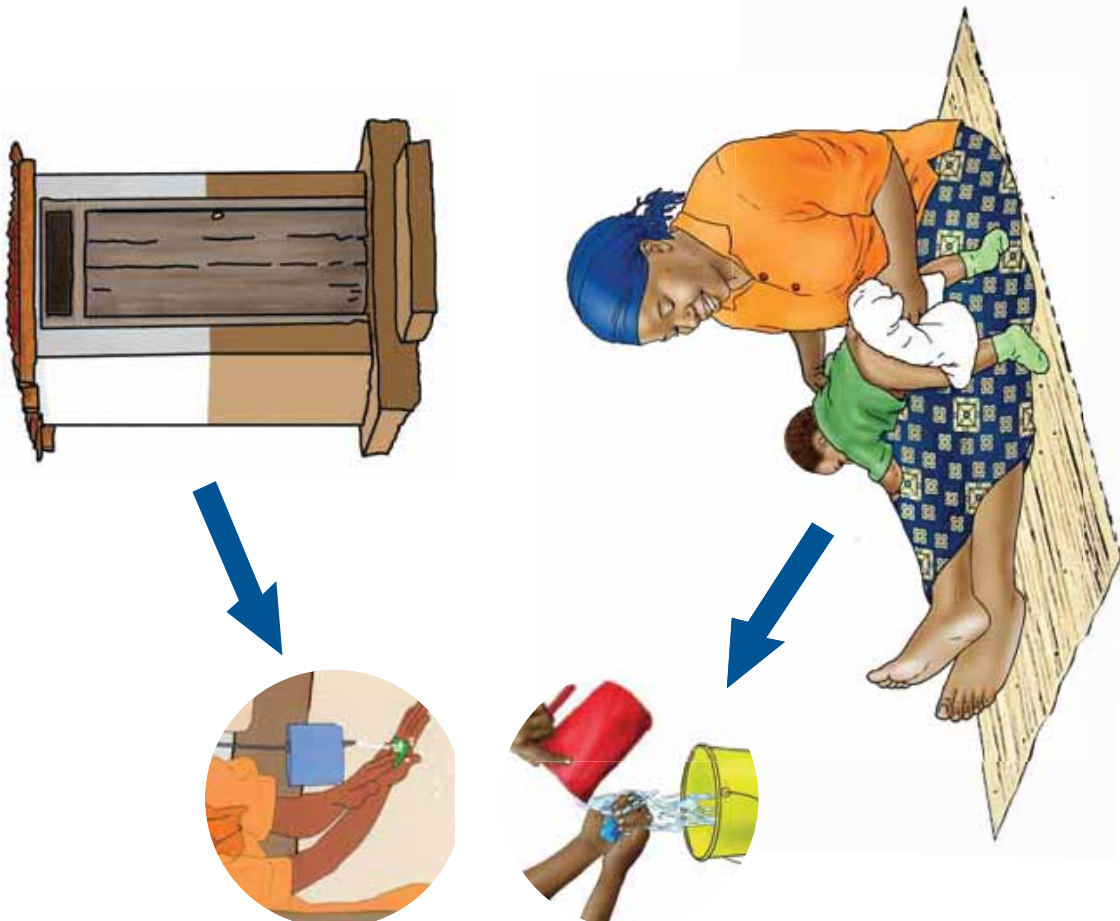
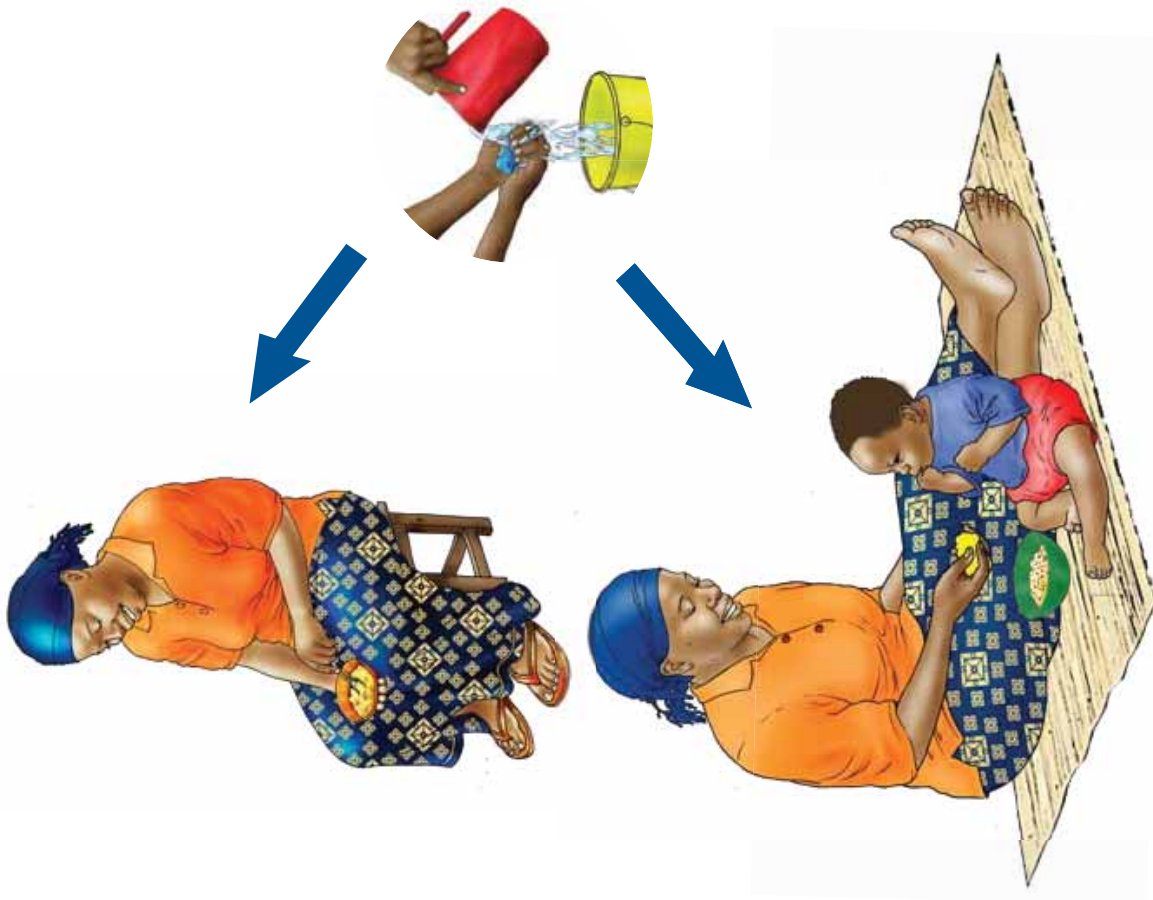
Energy Giving (GO)

Grains, roots, tubers



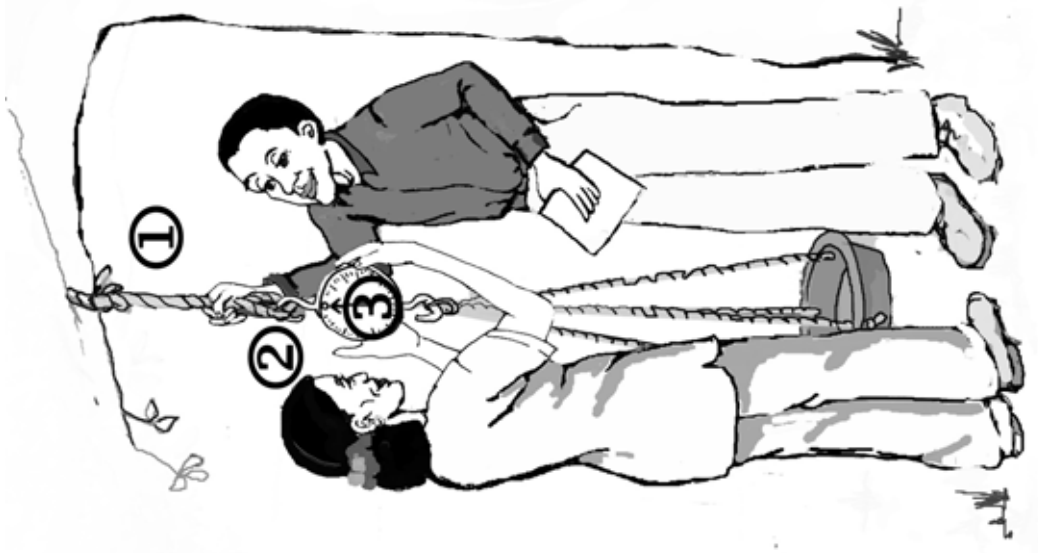
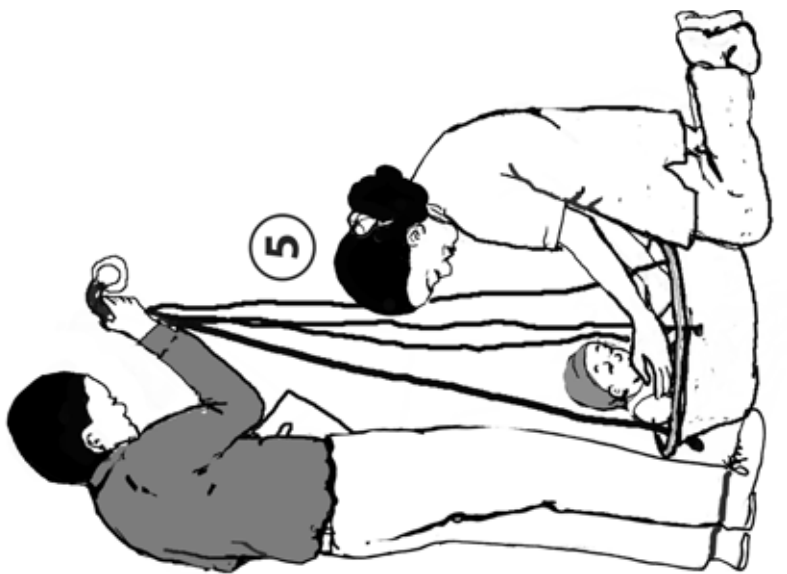
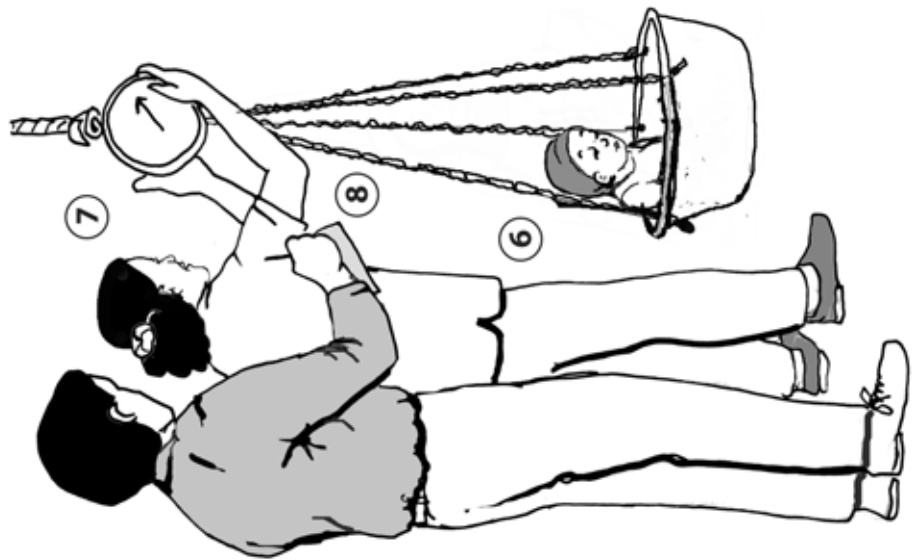
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Weighing and Measuring Children

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Weighing and Measuring Children

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FOOD PATH FOR COOKED FOOD

