

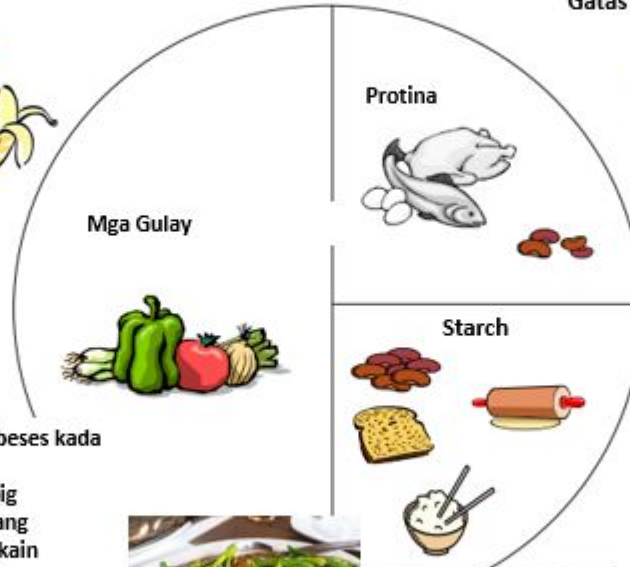
Pagkaing Mabuti sa Kalusugan



Mga Prutas



OPSIYON SA PAGKAIN NA MABUTI SA KALUSUGAN
PLATO NINYO



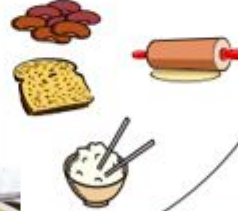
Mga Gulay



Protina



Starch



Gatas



Fat



Kumain nang 3 beses kada araw
Uminom ng Tubig
Walang kailangang espesyal na pagkain



San Francisco Department of Public Health
San Francisco General Hospital
Medical Center, 2/04,4/11



Zuckerberg San Francisco General
Hospital and Trauma Center

8/22/2022