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Jack E. Schroder



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web to date singapore has produced dietary guidelines for children and adolescents focusing on establishing healthy lifelong eating patterns adults focusing on preventing obesity and reinforcing healthy eating patterns and most recently guidelines

for older adults 50 years of age that address the issue of potential dietary insufficiency caused by age

nutrition takecareasia.com - Oct 11 2022

web you eat to provide energy and nutrients important for growth maintenance and overall health good nutrition is important to keep your body at optimum health a healthy diet can help you reach and maintain proper weight reduce your risk of chronic diseases and promote good health one way to ensure that you are eating healthy is to