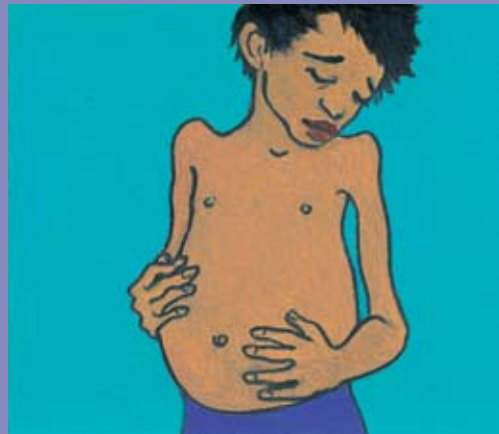


Good Nutrition Makes Healthy Kids

How Children Become Malnourished



Poor Diet (White rice only, few fruits and vegetables)



Worms in the tummy



Moms not eating well during pregnancy



Diarrhea (Especially for young children)



Illness



Eating junk food

Malnutrition Hurts Children



- Children get sick and don't grow properly
- Children learn less in school classes
- Vitamin deficiency diseases (blindness, goiter, rickets)
- Children are tired all the time
- Responsible for half of all young child deaths

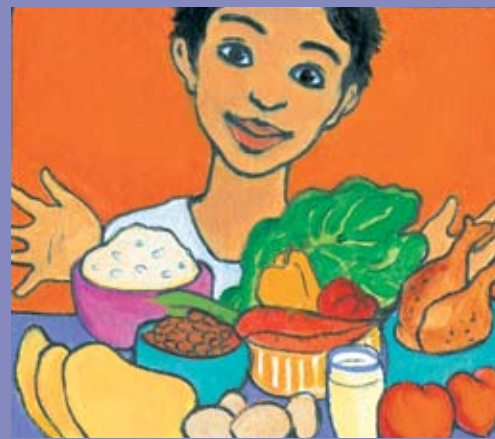
Preventing Malnutrition



Eat green, red, orange leafy vegetables and fruits each day



Drink clean water



Eat balanced meals (grains, protein, veggies, fruits, milk, beans, and meat)



Exercise daily

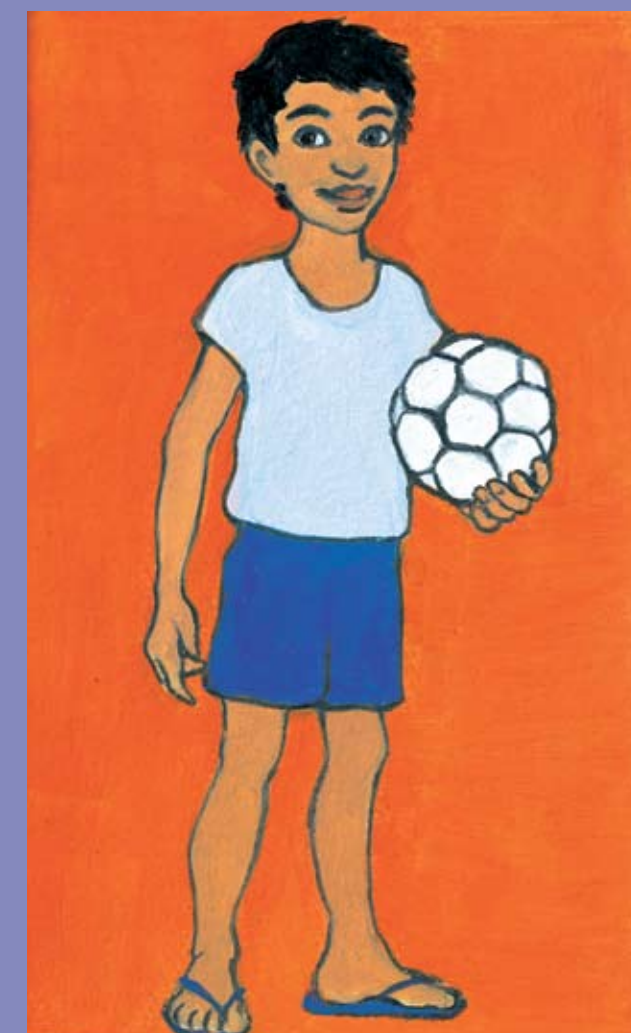


Get good rest every night (8 hours of sleep)



Take multivitamins & Deworming medicine

Happy Well Nourished Children



- Stay healthy and grow properly
- Do better in school and learn more
- Have lots of energy
- Are stronger
- Contribute more to their families and communities

Keep Children Healthy!

FREE Multivitamins Today!

Date:

Time:

Place:



www.VitaminAngels.org