Food-Based Dietary Guidelines for Myanmar children 2 - 5 years old

- Engage in physical activity everyday
- Get good quality sleep (10-13 hours)
- Attention to food safety & personal hygiene
- Have plenty of clean & safe water to drink

This document was prepared with the contribution of Myanmar FBDG Interim Technical Task Force (WHO, FAO, UNICEF, WFP, UNN, LIFT/UNOPS, UNFPA, SCI, Help Age International Myanmar and PATH) members.