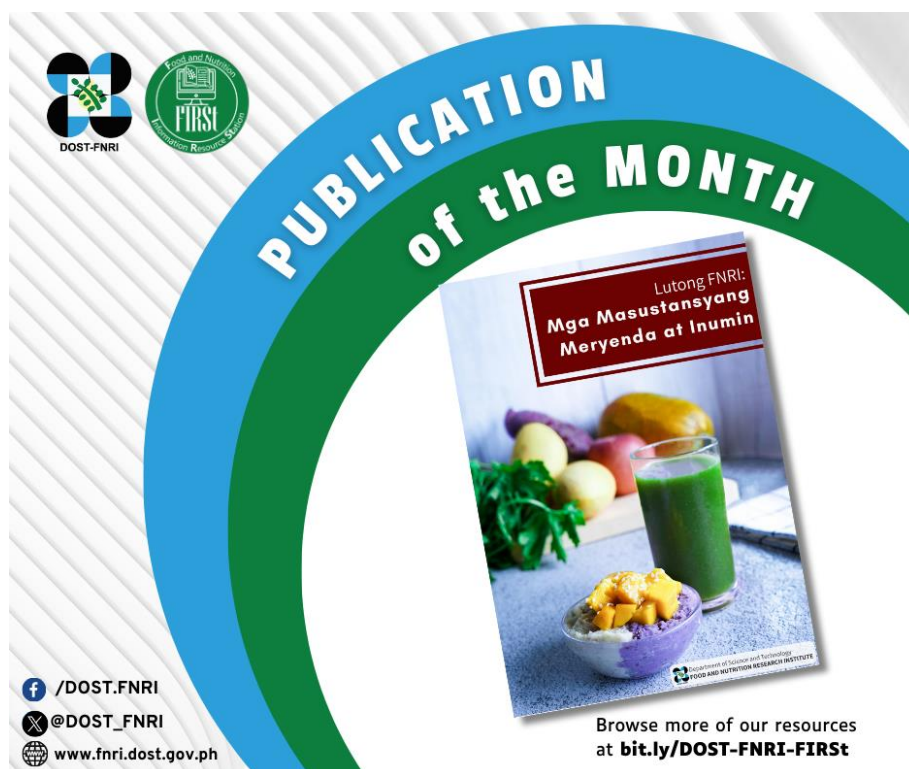




**Food and Nutrition Information Resource Station  
DOST-FNRI Publication of the Month 2024**

April 2024



**Lutong FNRI: Mga Masustansyang Meryenda at Inumin**

The Lutong FNRI: Mga Masustansyang Meryenda at Inumin highlights Filipino and international snacks with a twist that use locally-available ingredients to increase the nutritional value of these snack foods and provide healthier beverages as options to sugar-sweetened drinks.

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