



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

February 2024



### 2024 Menu Guide Calendar: Delights for Your Heart

The DOST-FNRI Menu Guide Calendar is more than just a calendar that features useful and easy-to-understand food and nutrition information. For 2024, the theme is "Delights to Your Heart: Healthy Recipes for People with Hypertension". It focuses on recipes aligned with the guidelines for the management and prevention of hypertension.

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