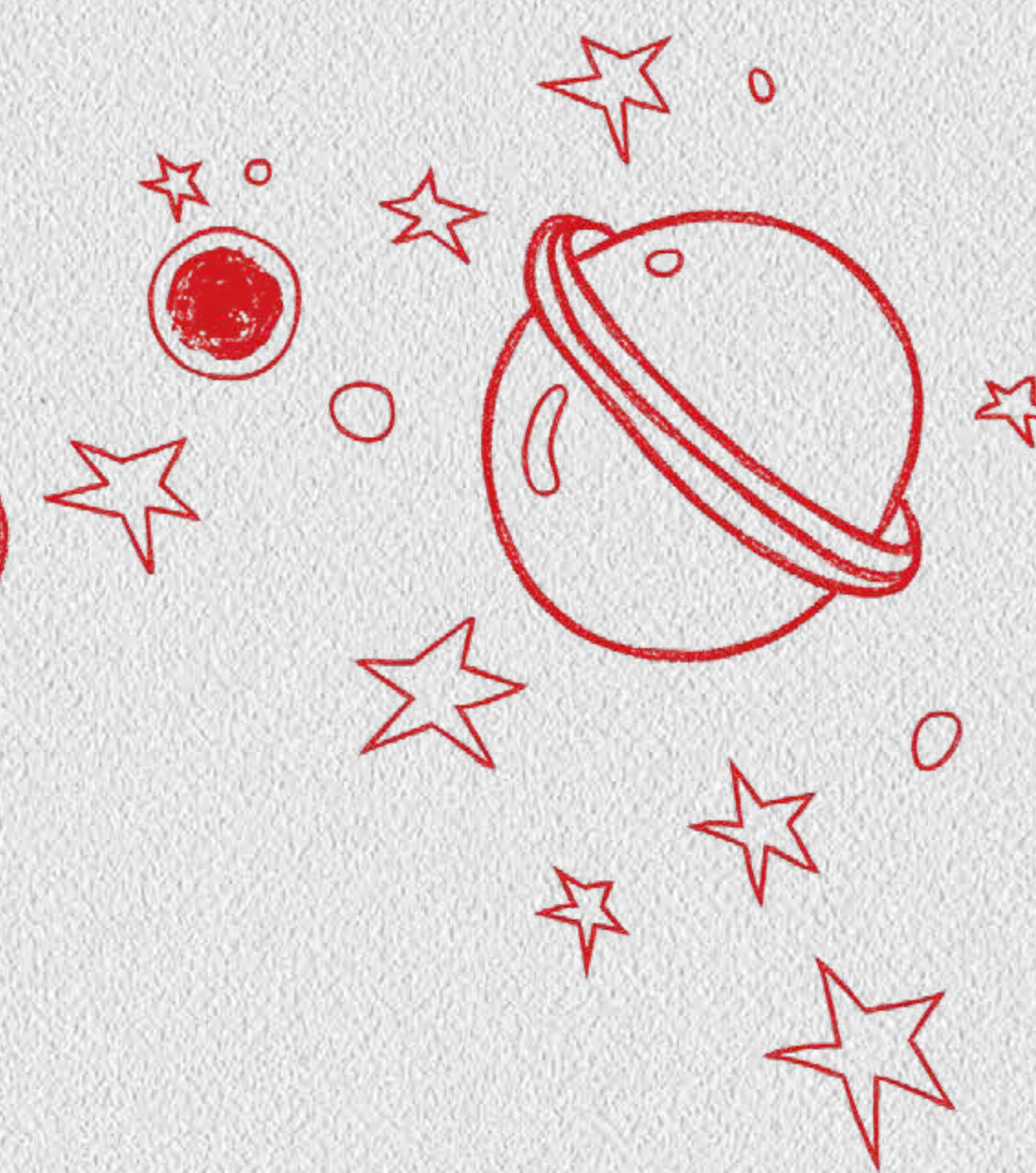




Ministry of Health and Family Welfare  
Government of India

# Anemia Mukt Bharat



5 to 9 years  
boys and girls

Want a  
**SOLID BODY and  
SMART MIND?**



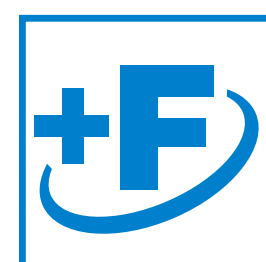
IRON RICH FOODS

## EAT

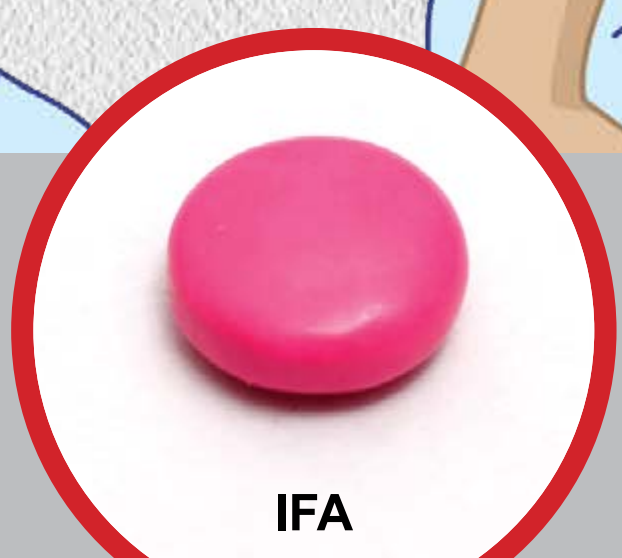
VITAMIN C  
RICH  
FOODS



For improving absorption of iron



FORTIFIED  
FOODS



IFA

**SUPPLEMENT**

**ONE** Pink tablet  
every week



ALBENDAZOLE

**DEWORM**

**ONE** tablet  
twice a year

IFA and Albendazole tablets are available FREE at government schools and anganwadi centres