



FAAIZAH ASMAL LAHER

REGISTERED DIETICIAN

FOOD					
PROTEINS:	GRAINS:		VEGETABLES		
FRUITS			DAIRY:		
DRINKS:	CONDIMENTS/ OILS:		HERBS:		
SEEDS, SPICE AND NUTS:			OTHERS		





FAAIZAH ASMAL LAHER

REGISTERED DIETICIAN

FOOD					
PROTEINS:	GRAINS:		VEGETABLES		
FRUITS			DAIRY:		
DRINKS:	CONDIMENTS/ OILS:		HERBS:		
SEEDS, SPICE AND NUTS:			OTHERS		