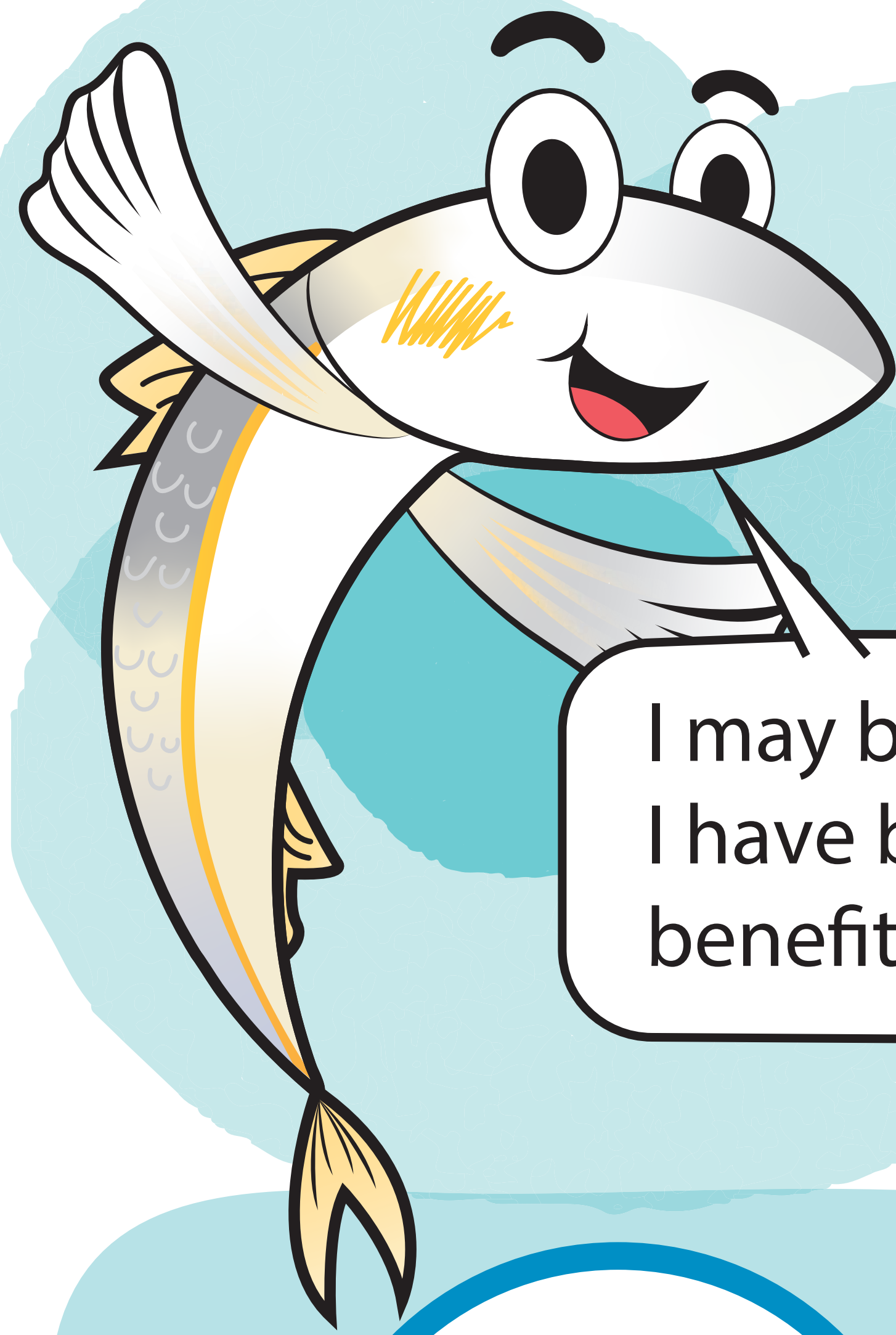


SMALL FISH MAKE YOU AND YOUR CHILD SMART AND HEALTHY



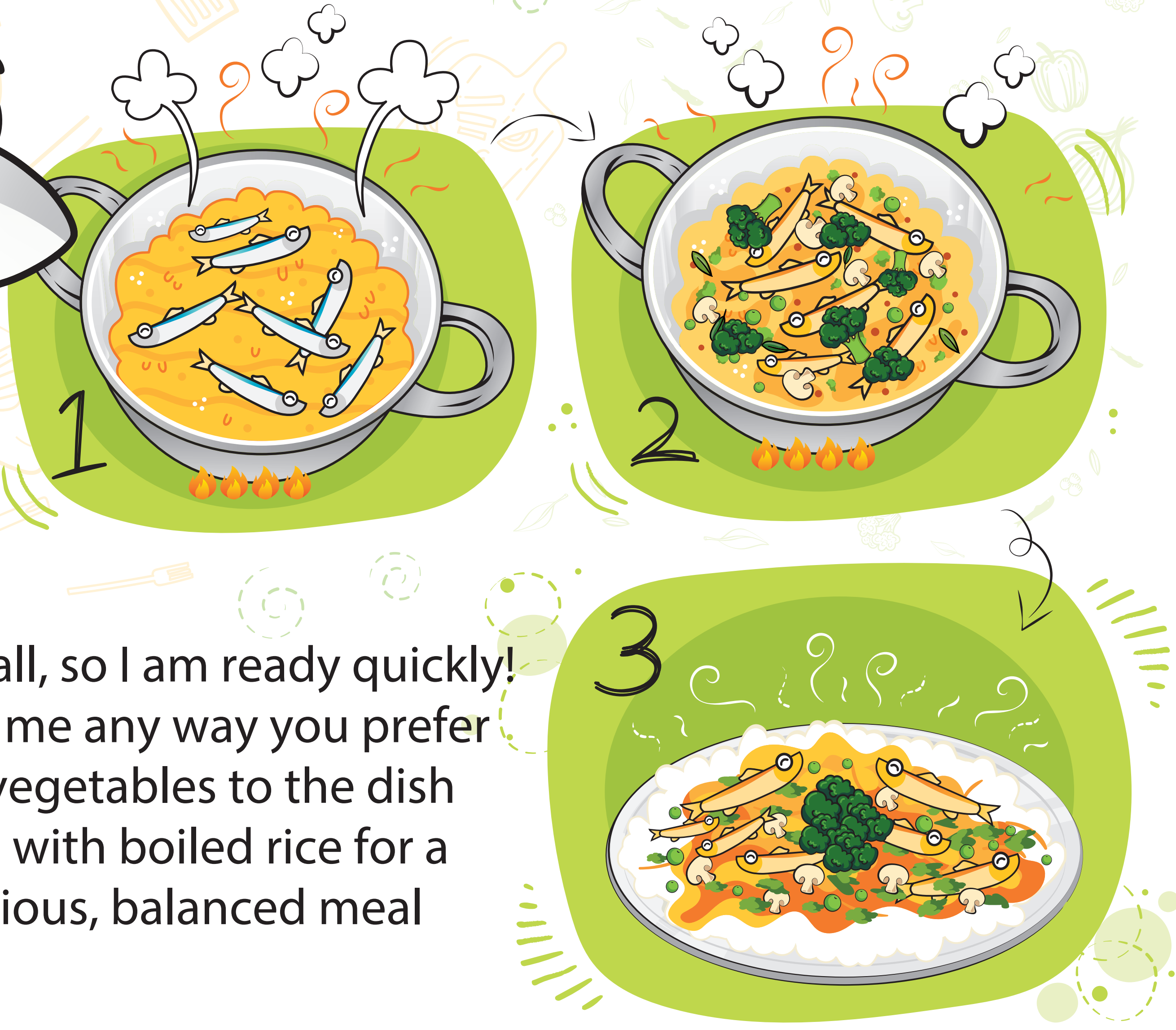
I may be small, but I have big health benefits.



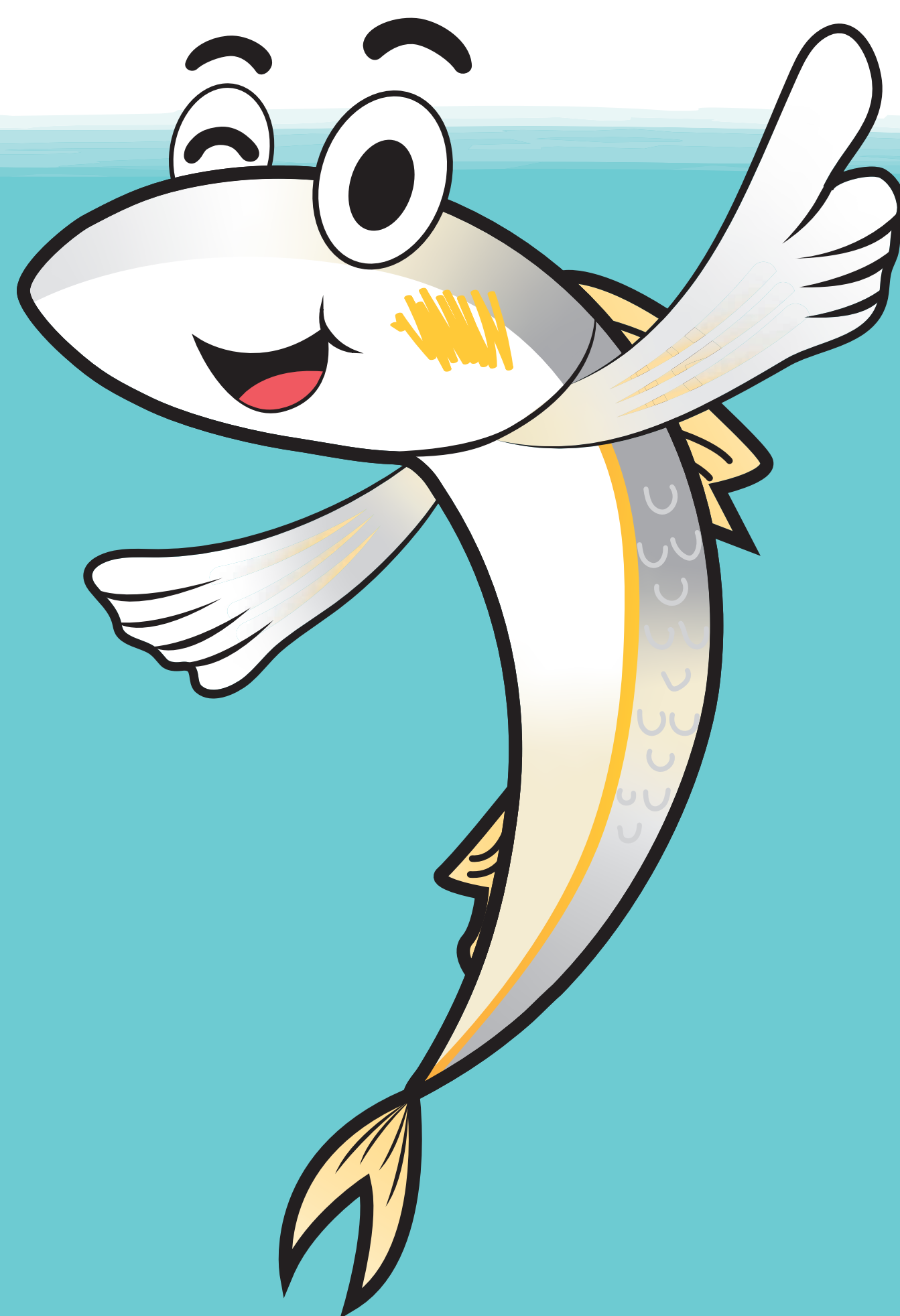
This is how I look in your area. Find me in rivers, streams and water channels. Or grow me in your pond.



Wash your hands with soap and water before you prepare me.



I am small, so I am ready quickly!
1. Cook me any way you prefer
2. Add vegetables to the dish
3. Serve with boiled rice for a nutritious, balanced meal



Eat me whole for a strong body and smart mind. I am great for you and your growing baby.

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