



Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



NUTRITION MONTH PRAYER 2015

Our Father in Heaven,
Blessed are we
To have lived in Your way
And be able to eat three times a day.

Hallowed are we
To be given healthy minds and body
For us to nourish
To use, for this country to flourish.

Often times we live in neglect
We eat, we drink and get wrecked
And our bodies we let be
To succumb to the grasps of gluttony.

We pray that none of your people
Suffer from CVD, diabetes or be crippled
Due to their own disregard
Indulgence of unhealthy food and liquor drank hard.

We ask that You give us power
To overcome the indolence we suffer
We ask that You give us perception
To practice healthy life style and proper nutrition.

These we ask in the name of the Father, and of the Son and the Holy Spirit,
Amen.