

# “Nutrient Platter”



☞ Eating better, Healthier is important for child's overall growth

- Including uttappam, idli or dosa in the child's menu at least once a week as a snack



- Making tachos with corn flour instead of maida & bake them
- Serve dahi vadas with spinach chutney, so that kids get good nutrition.

Be TUNED IN to know more.....

For more guidance & tips email to - [parenting@wellnessway4u.com](mailto:parenting@wellnessway4u.com)