

“Nutrient Platter”



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

- Calcium- Milk & milk products
- Potassium & Magnesium- cereals, nuts, dry fruits, broccoli, cabbage, sprouts, cauliflower
- Protein- Milk & dairy products, fish, legumes, meat, nuts, dry fruits.



Be TUNED IN to know more.....

For more guidance & tips email to - parenting@wellnessway4u.com