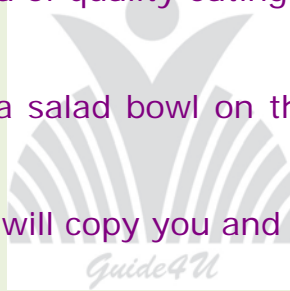


“Eat Healthy & Stay Fit”

☞ Eat the stuff that you want your child to eat

- The simplest way to ensure nutritious food to our children & for us is by feeding on home cooked meal that is fresh
- Be sensitised to the idea of quality eating
- Lead by example: Put a salad bowl on the dining table every night. By the third night children will copy you and start taking small proportions.



Be TUNED IN to know more.....

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

A Chaitanya Wellness Research Institute Initiative