

# "Nutrient Platter"



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

- Iron- Fish, cereals
- Vitamin A- carrot, broccoli, sweet potato, spinach, pumpkin, cheddar cheese, egg, papaya, mango, apricot, peas, milk
- Vitamin B- cereals, meat, liver, lentils, potatoes, banana, chilli pepper, whole grains, beans



Be TUNED IN to know more.....

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