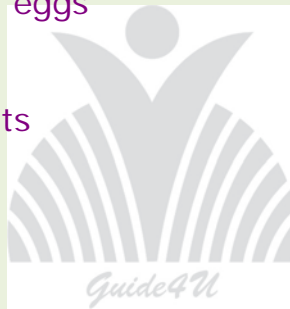


# “Nutrient Platter”



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

- Vitamins C- Citrus fruits (orange, lemon, amla, sweetlime), broccoli
- Vitamin D- Cereals, fish, eggs
- Vitamin E- Nuts, dry fruits



Be TUNED IN to know more.....

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