

“Nutrient Platter”



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

- Give the child cereal with milk, with crushed dates instead of sugar to sweeten it



- Bread preparations like sandwich, subs or toast only once a week, substituting white bread with brown or whole-wheat bread
- Cutlets added with more vegetables less potatoes, roll them into rotis to make frankies, shallow fry them instead of deep frying

Be TUNED IN to know more.....

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

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