

“Nutrient Platter”



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

- CAROTENE- Raw tomatoes, mango, papaya, dried apricots & peaches,
- Broccoli, cabbage, cauliflower, leafy vegetables (spinach, methi),
- Cooked tomatoes, carrots, sweet potato, pumpkin, onion & garlic.
- So in this way replace children's wants with what they need.....provide them with homemade variety using different nutrients.



Be TUNED IN to know more.....

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

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