

2017

# Nutrition Report

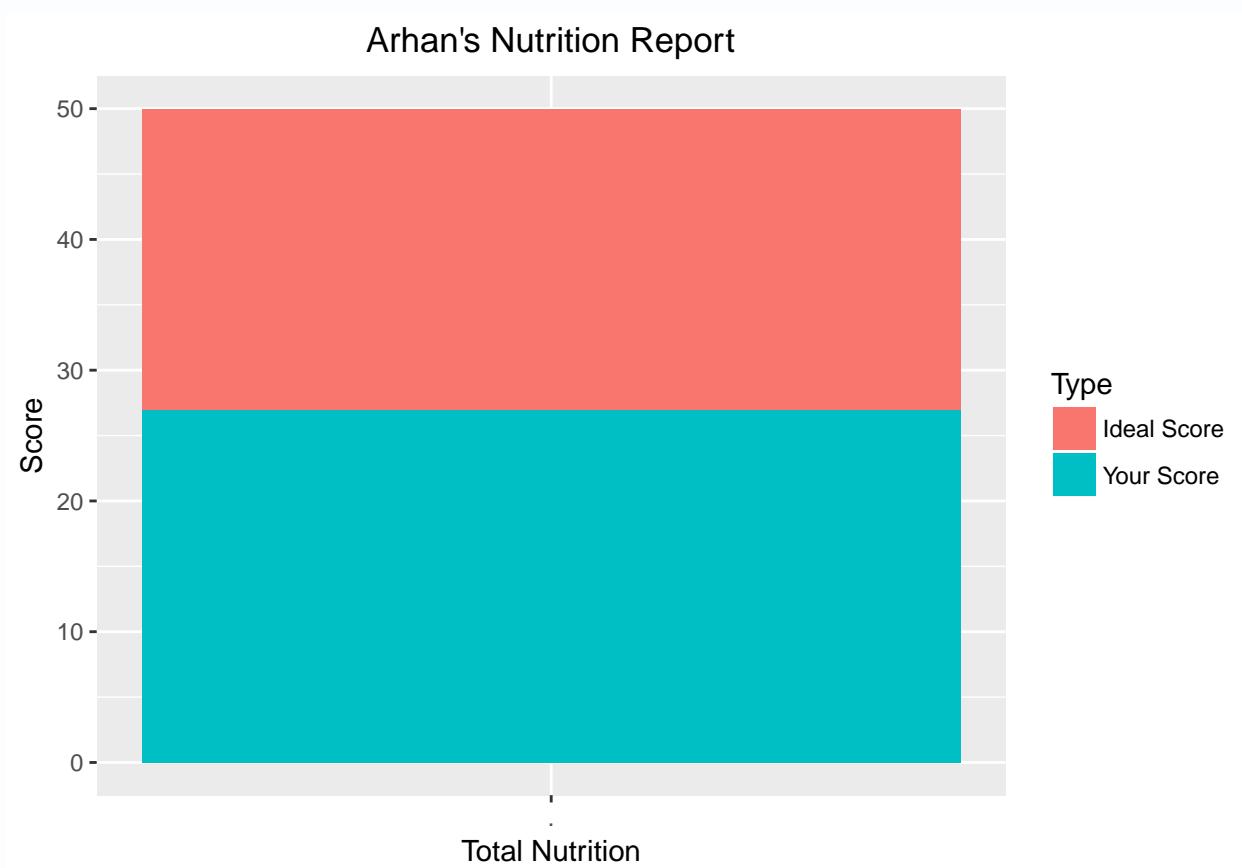
The New Tradition is Good Nutrition



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# Nutrition Score



Arhan has a total nutrition score of 27 out of 50 possible points. Read on to know what you are and aren't doing well and how you can get even better

# Vegetables

## Score



## Recommendations

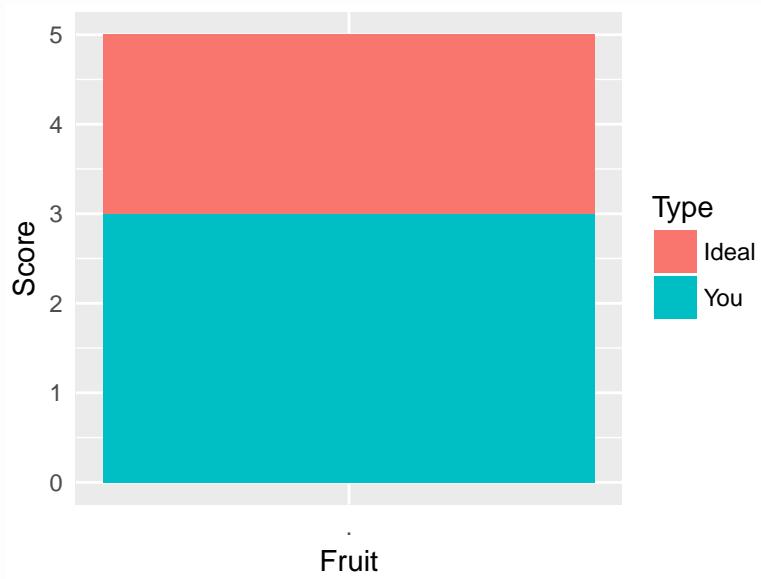
1. Eat Veggies everyday
2. Make veggie chips in the microwave like pumpkin chips and spinach chips



Vegetables have nutrients that can boost immunity and keep ailments like common cold and flu at bay. It's especially important that your child is eating vegetables at this early age because food tastes are formed young. Eating vegetables in a rainbow of colors will provide a wide range of nutrients that will help keep your child healthy.

# Fruits

## Score



## Recommendations

1. Eat Fruits everyday
2. Make Juice

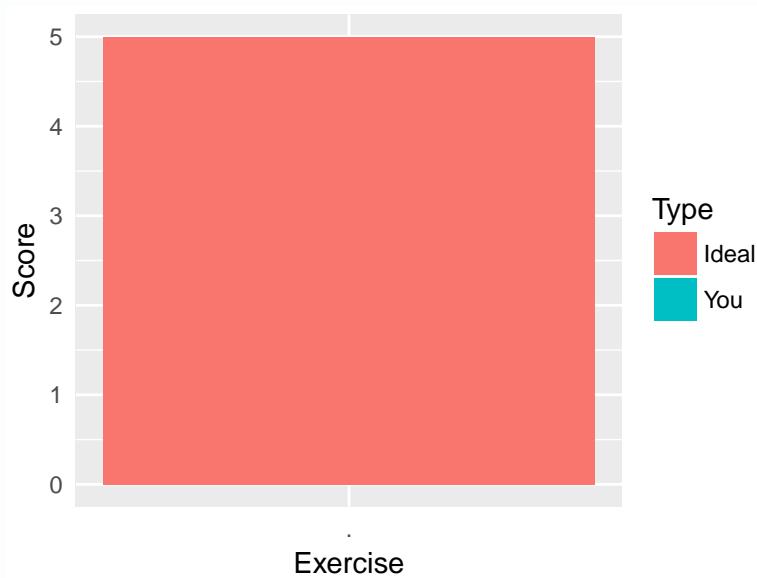


Fruits are good for health



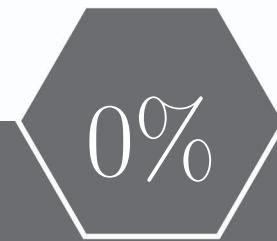
# Exercise

## Score



## Recommendations

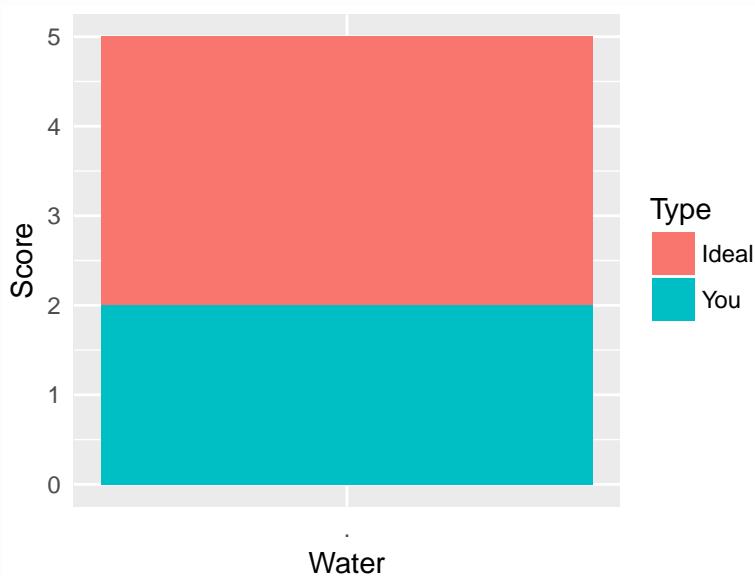
1. Eat Veggies everyday
2. Make veggie chips in the microwave like pumpkin chips and spinach chips



Exercise if good for health

# Water

## Score



## Recommendations

1. Eat Veggies everyday
2. Make veggie chips in the microwave like pumpkin chips and spinach chips

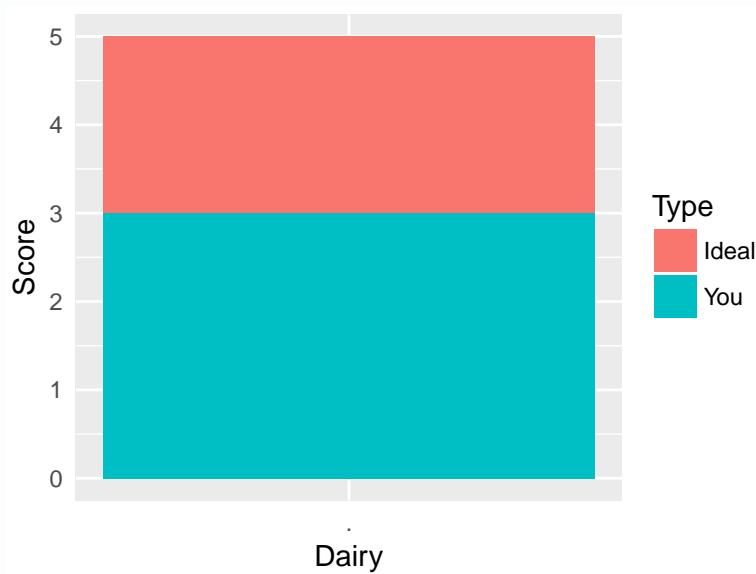


40%

Our Body is made up of 70% water. Drink Lots of it

# Dairy

## Score



## Recommendations

1. Eat Veggies everyday
2. Make veggie chips in the microwave like pumpkin chips and spinach chips



60%

Milk is good dont drink it too much

# Thank You



Disclaimer: