

NUTRITION GUIDE

for Kids



Grain

6 servings

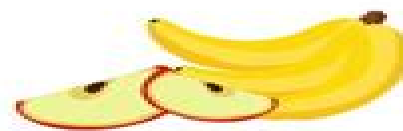
Brown rice, Oatmeal, Whole wheat bread, Whole grain, pasta Barley



Vegetables

3 servings

Leafy green and yellow vegetables, such as broccoli, winter squash, and carrots



Fruits

2 servings

Fresh fruits, such as apples, bananas, peaches, oranges, strawberries, and sliced plums



Dairy

2 servings

Fortified low-fat milk
Yogurt



Meat Alternative

2 servings

Lean meats along with tofu, eggs, fish, and nuts



Fats, Oils, Sweets

6 teaspoons or less

Peanut butter, Corn, soybean oil, Olive oil

Childrens Health Guide

Daniela Niemeyer



Childrens Health Guide:

Childrens Health Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Childrens Health Guide**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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