1 **Replacement For** Ensure For Your 🧀 **Little Ones**



Whole grains

(for carbohydrates)

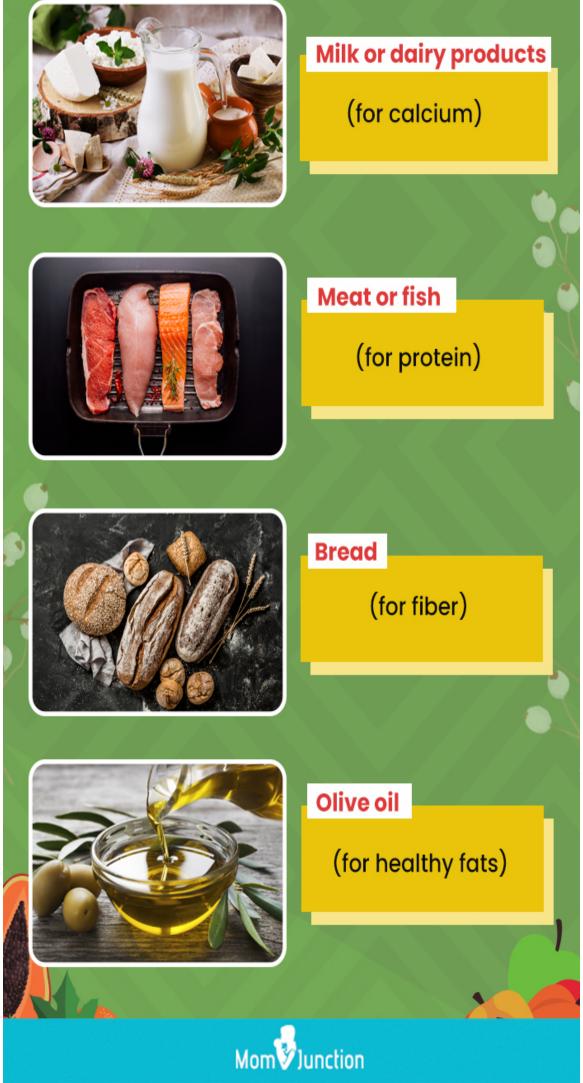
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MILK



Fruits and vegetables

(for vitamins A and C)



Source: https://www.momjunction.com/articles/can-kids-drink-ensure_00390022/