

Foods

To Help Your Child

Gain Weight

Healthily



Plant-Based Foods



Tofu



Fruits and vegetables

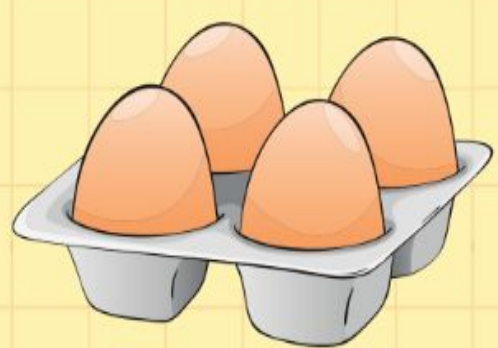


Healthy oils

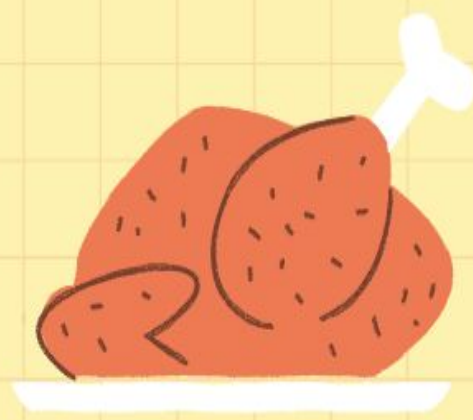


Dry fruits and nuts

Animal-Based foods



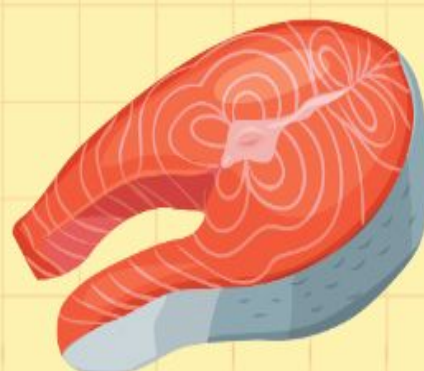
Eggs



Chicken



Milk



Salmon