Healthy Foods To Be Included In CHILDREN'S DIET

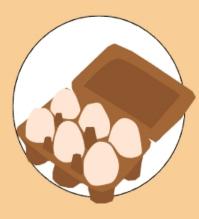




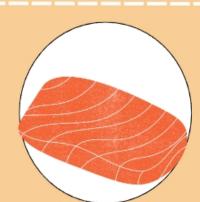
Whole wheat flour



Oats, millet, and quinoa



Eggs



Low-mercury fish, such as salmon



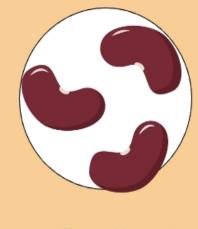
Fresh fruits, such as apples, bananas, berries, and coconut



Fresh vegetables, such as broccoli and greenleafy vegetables



Dried fruits, seeds, and nuts



Lentils and legumes

Mom Junction

Source: https://www.momjunction.com/articles/nutritious-healthy-foods-for-kids-children_00654020/