

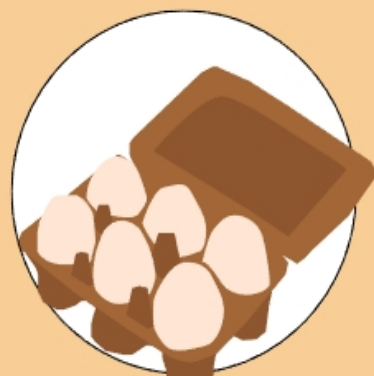
# Healthy Foods To Be Included In CHILDREN'S DIET



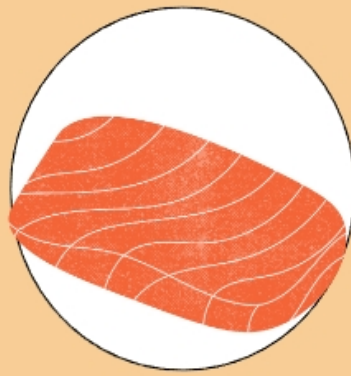
Whole wheat flour



Oats, millet, and quinoa



Eggs



Low-mercury fish,  
such as salmon



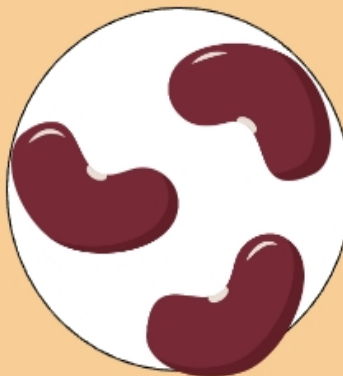
Fresh fruits, such as  
apples, bananas,  
berries, and coconut



Fresh vegetables, such  
as broccoli and green-  
leafy vegetables



Dried fruits, seeds,  
and nuts



Lentils and legumes