Healthier Foods My Child Likes

Write any foods your child will eat - even a little bit - and offer those as snacks as well as including in meals

PROTEINS- Eggs Meat Fish Chicken Peanut Butter (Nuts) Beans Chickpeas Lentils	GRAINS Bread Rice Wholemeal Pasta Noodles	DAIRY Low fat Milk cheese yoghurt	VEGGIES Green Orange Yellow White Red	FRUIT Green Orange Yellow White Red