

Foods and drinks high in fat, sugar and salt

 Maximum once a week and in TINY amounts
These foods can be linked to childhood obesity



Note: The Children's Food Pyramid shows three examples of foods in each food group. It does not represent the amount of food a child 1 year old should eat every day.

Food Guide Pyramid For Children Ages 1 6

Minjie Lin



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Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Food Guide Pyramid For Children Ages 1 6** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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