

# Dear Parents and Guardians,

As we focus on the health and well-being of our children, it's essential to provide them with a balanced and nutritious diet. Here are some nutritional tips to support their dietary needs:

## 1. Include a Variety of Food Groups

Ensure your child's diet contains fruits, vegetables, whole grains, proteins, and healthy fats.

## 2. Prioritize Fruits and Vegetables

Encourage your child to eat a rainbow of fruits and vegetables daily for essential vitamins and minerals.

## 3. Make Hydration a Habit

Encourage water consumption over sugary drinks. Aim for at least 6-8 cups of water a day.

## 4. Limit Processed Foods

Minimize intake of foods high in sugar, salt, and unhealthy fats. Opt for whole and minimally processed alternatives.

## 5. Encourage Regular Meal Times

Establish consistent meal and snack times to promote healthy eating habits and prevent overeating.

By following these tips, we can work together to ensure our children grow strong and healthy. If you have any questions or need further assistance, please feel free to reach out.

Best Regards,

The Nutrition Team