

Captain
NUTRITION

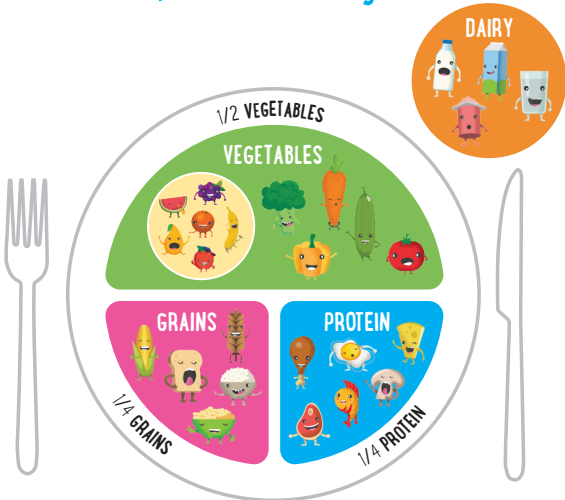
NESTLE for
HEALTHIER KIDS

كابتن
طهة

نستله
لأطفال أصحاء



Now that you know the basics of nutrition, it's your turn to create a healthy grocery-shopping list to get started on your very first meal. Remember, balance is key.



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كابتن
طاقة

نستله
أطفال أصحاء



ماذا ستدوّن على
لائحتك؟

WHAT'S ON YOUR LIST?

خضار و فواكه
FRUITS AND VEGETABLES

- _____
- _____
- _____
- _____
- _____
- _____

اللبان
DAIRY

- _____
- _____
- _____
- _____
- _____
- _____

نشويات/بقوليات
GRAINS

- _____
- _____
- _____
- _____
- _____
- _____

بروتين
PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____