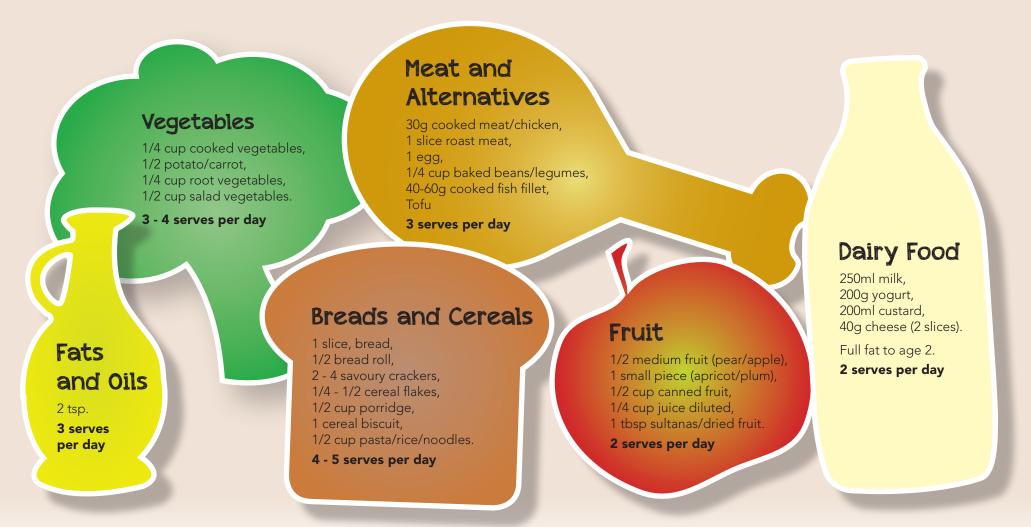
Suggested Serving Guide for Toddlers



Variety is the key step for a toddlers growth and development. The difficult step is getting the right balance of energy and nutrients. Good food habits in toddlerhood can last a lifetime. Remember this is a guide and every toddler is unique with different energy and metabolism levels. Flax seed oil can be given 1 teaspoon per day from 6 to 9mths.

