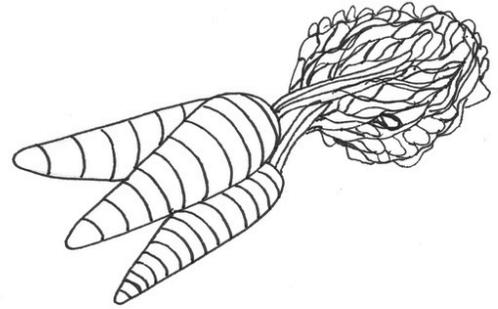
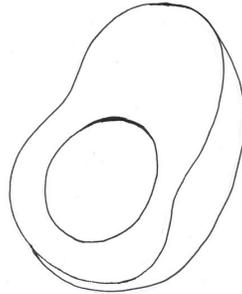


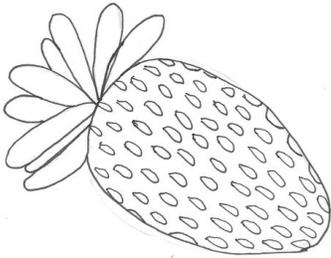
sardines



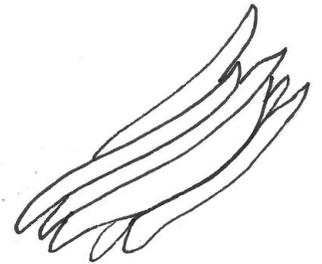
carrots



avacado



strawberries



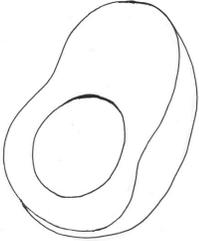
green beans



Bella is teaching her baby sister, Marie, about healthy foods that will help her grow big and strong.

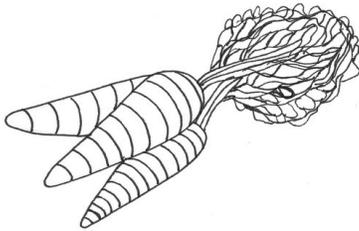
What are your favorite foods?

Health Benefits of These Foods for Babies and Toddlers



Avacado

- fiber, Vitamin C, magnesium, folate, and Vitamin K



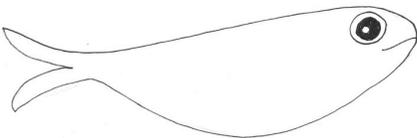
Carrots

- high levels of beta-carotene, which the body converts into vitamin A, crucial for vision, immune function, and skin health



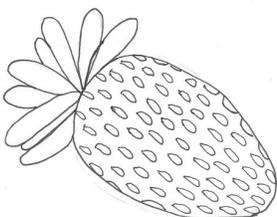
Green Beans

- aiding digestion, boosting immunity, and improving bone health



Sardines

- rich in protein and fat, including essential omega-3 fatty acids.
- offer calcium, choline, iron, selenium, zinc, and vitamins B6, B12, D, E, and K.



Strawberries

- offer calcium, choline, iron, selenium, zinc, and vitamins B6, B12, D, E, and K.

[@littlelovesfeeding](https://www.instagram.com/littlelovesfeeding)

[@kristinaluciapezza](https://www.instagram.com/kristinaluciapezza)

**For more information on
Health Benefits of Foods
for Babies and Toddlers,
Guidance for Independent Eating Habits,
and More
Please check out Tarryn's Instagram Page.**

Little Loves Feeding

@littlelovesfeeding

**For more FREE Coloring Printables
please visit Kristina Lucia's website
for more coloring fun for your and
your kiddo to enjoy!**

www.kristinalucia.com

@littlelovesfeeding

@kristinaluciapezza

