

## **Children's Health:**

Many parents are still confused when it comes to what kids eat.

**How much does your child need?**

**Is he/she getting enough calcium/iron etc?**

**Too much fat/sugar?**

**Is he/she a fussy eater?**

**Does your child suffer from allergies/eczema?**

**Learning and behavioural problems?**

**Digestive problems?**

**Sleep problems?**

**Whether you have a toddler or a teen, what he/she eats is important to both his/her physical and mental development.**

Although getting your child to eat healthy can be a constant battle, it is one well worth fighting.