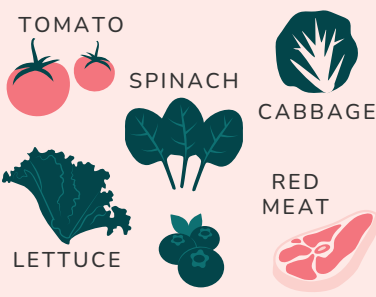
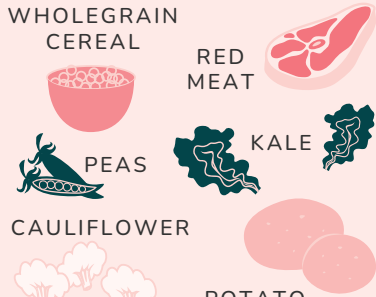
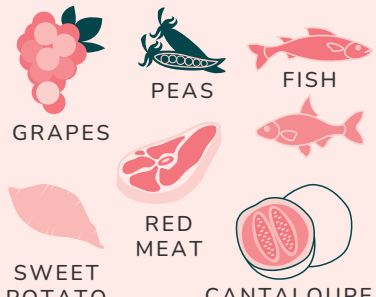
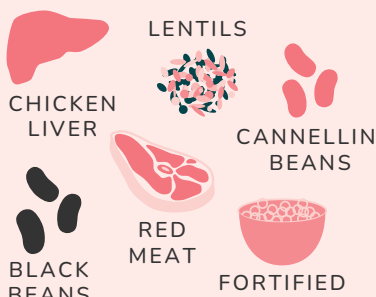
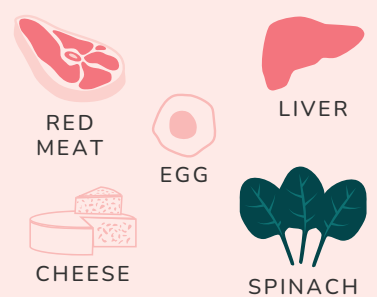


# Healthy Food Chart for Babies

|                         |                                                                                                                                                                                                     |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VITAMIN A               |  <p>LIVER<br/>EGG<br/>CARROT<br/>CABBAGE<br/>SWEET POTATO<br/>PAPAYA<br/>BUTTER</p>                                |
| VITAMIN B               |  <p>TOMATO<br/>VEGETABLES<br/>PEANUTS<br/>BANANAS<br/>POTATO</p>                                                   |
| VITAMIN C               |  <p>TOMATO<br/>BROCCOLI<br/>GUAVA<br/>ORANGES<br/>RED PEPPER<br/>STRAWBERRIES</p>                                |
| VITAMIN K               |  <p>TOMATO<br/>SPINACH<br/>CABBAGE<br/>LETTUCE<br/>RED MEAT<br/>BLUEBERRIES</p>                                  |
| HEALTHY FATS            |  <p>AVOCADO<br/>EGG<br/>NUT BUTTERS<br/>OLIVE &amp; COCONUT OILS<br/>FLAX SEEDS</p>                              |
| VITAMIN B <sub>1</sub>  |  <p>WHOLEGRAIN CEREAL<br/>RED MEAT<br/>PEAS<br/>KALE<br/>CAULIFLOWER<br/>POTATO</p>                               |
| VITAMIN B <sub>6</sub>  |  <p>GRAPES<br/>PEAS<br/>FISH<br/>SWEET POTATO<br/>RED MEAT<br/>CANTALOUPE</p>                                     |
| VITAMIN D               |  <p>SUNLIGHT<br/>EGG<br/>LIVER<br/>OATMEAL<br/>FISH</p>                                                         |
| IRON                    |  <p>CHICKEN LIVER<br/>LENTILS<br/>CANNELLINI BEANS<br/>BLACK BEANS<br/>RED MEAT<br/>FORTIFIED INFANT CEREAL</p> |
| MAGNESIUM               |  <p>LEAFY GREENS<br/>GREEN BEANS<br/>OATMEAL<br/>BANANAS<br/>BROCCOLI<br/>YOGURT</p>                            |
| VITAMIN B <sub>2</sub>  |  <p>ALMOND BUTTER<br/>GREEN VEGETABLES<br/>EGG<br/>CHEESE<br/>AVOCADO<br/>RED MEAT</p>                           |
| VITAMIN B <sub>12</sub> |  <p>RED MEAT<br/>EGG<br/>LIVER<br/>CHEESE<br/>SPINACH</p>                                                        |
| VITAMIN E               |  <p>BUTTERNUT SQUASH<br/>EGG<br/>BANANAS<br/>GREEN VEGETABLES<br/>ALMOND BUTTER</p>                            |
| CALCIUM                 |  <p>KIDNEY BEANS<br/>BROCCOLI<br/>PEAS<br/>LENTILS<br/>CHICKPEAS<br/>SPINACH</p>                               |
| PROTEIN                 |  <p>RED MEAT<br/>YOGURT<br/>FISH<br/>BEANS<br/>NUT BUTTERS<br/>CHICKEN</p>                                     |