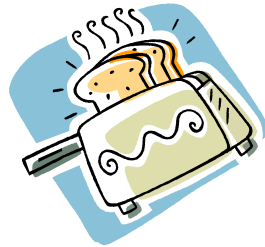
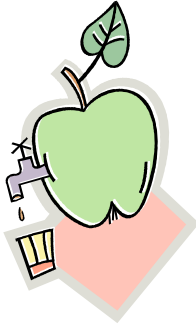


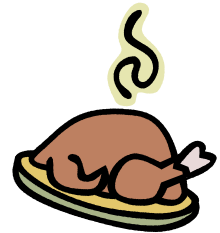
Appropriate Foods for Children

- Milk
- Fruit/Fruit juice
- Yogurt
- Vegetables
- Crackers (saltine)
- Cereal
- Oatmeal
- Bagels
- English muffins
- Raisin
- Pretzels
- Breadsticks
- Rice/Cooked grains
- Pasta
- Noodles
- Toast
- Bread/Rolls
- Eggs
- Baked potatoes
- Cream cheese
- Pudding
- Custard
- Tofu
- Biscuits
- Cornbread
- Pancakes
- Waffles
- Tortillas
- Turkey breast
- Ham
- Roast Beef
- Fish
- Chicken
- Roasted/grilled lean beef/pork



Comidas apropiada para niños

- Leche
- Fruta/Jugo de fruta
- Yogurt
- Vegetales
- Galletas saladas
- Cereal
- Avena
- Bego
- Panques
- Pasas
- Pretzel
- Palitos de pan
- Arroz
- Pasta
- Sopa/Fideos
- Pan tostado
- Roles de Pan
- Huevo
- Papa horneada
- Queso crema
- Puddin
- Almidon
- Tofu
- Bisquet
- Pan de maiz
- Hot cakes
- Waffles
- Tortilla
- Pechuga de pavo
- Jamon
- Carne rostisada
- Pescado
- Pollo
- Puerco/carne rostisada



Foods to Avoid

- Hot dogs
- Sausages
- Danish
- Donuts
- Salami
- Bologna
- Potato chips
- Fast food
- Fast food french fries
- Cakes
- Cookies
- Candy
- Chocolate bars



Evite estas comidas

- Hot dog
- Salchichas
- Danes
- Donas
- Salchicha italiana
- Bologna
- Papas fritas
- Comida rapida
- Papas francesas
- Pasteles
- Galletas
- Dulces
- Barras de chocolate