

DAIRY LÁCTEOS



eat cheese *coma queso*

Pack a nutritious punch of calcium and protein into your child's diet. Offer string cheese at snack time. Or try adding shredded cheese to soups and scrambled eggs.

Dele un golpe de calcio y proteína a la dieta de su hijo. Ofrézcale queso hebra como un tentempié o intente agregar queso rallado a sopas o huevos revueltos.

