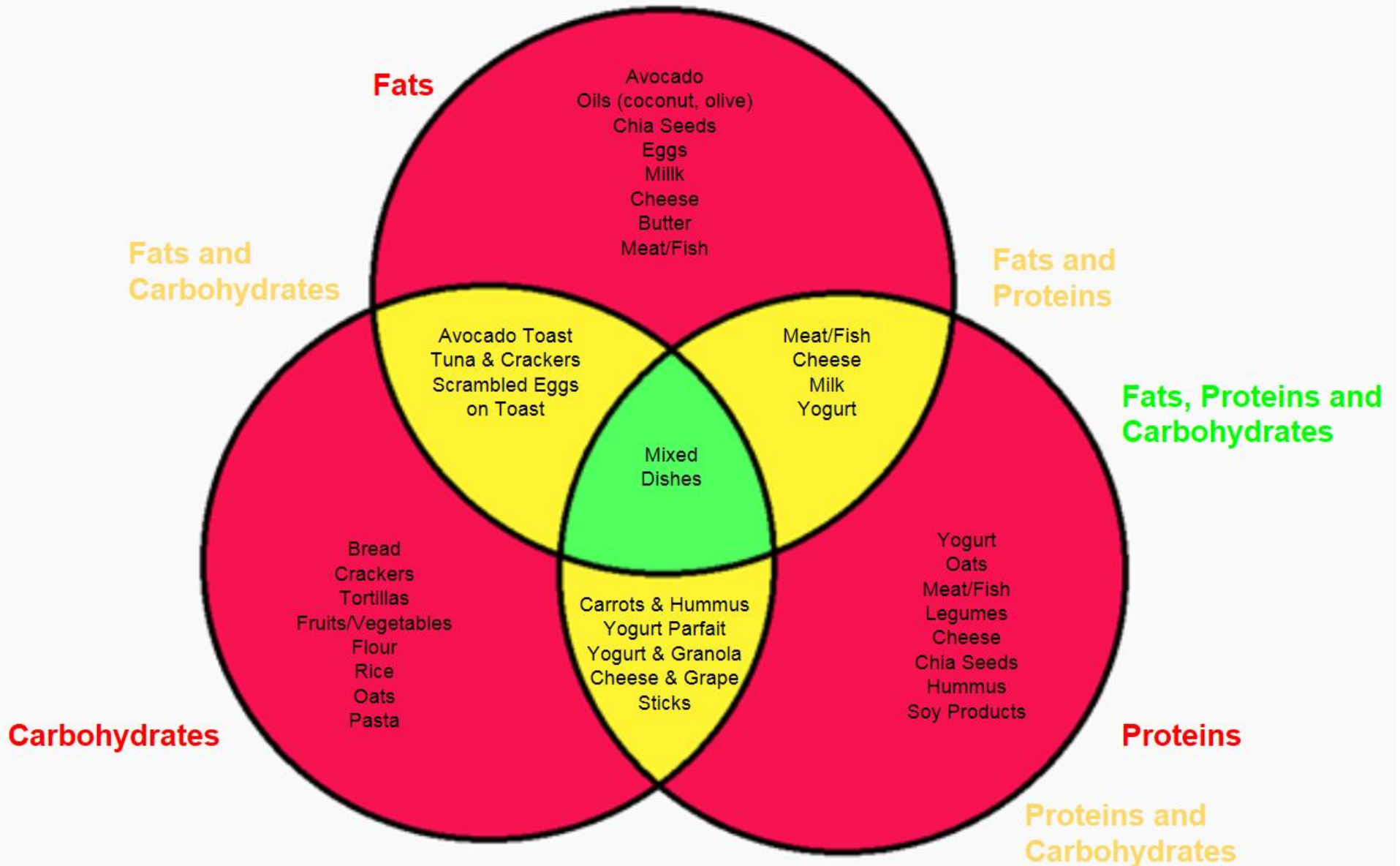


Dietary Guideline for Caribou Childcare Centre



Macronutrient Breakdown

Try making mixed dishes/snacks that include CHO, FAT and PRO.

Fried Rice - rice, eggs and peas

Pasta Salad - pasta, cheese, and beans

Banana Bread - flour, banana, coconut oil and chia seeds

Smoothies - berries, milk, yogurt

