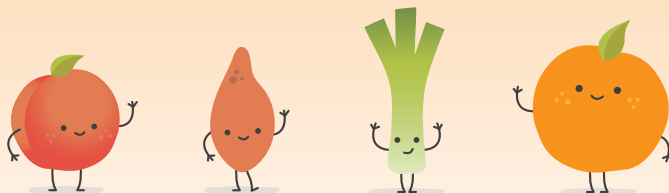


NYLO

Nutrition for Your Little One
Maeth i'ch un bach



NYLO is a free 6 week programme that can help you feel more confident to:

Provide a balanced diet for your child and help them to be a healthy weight.

Over the 6 weeks the programmes covers:

- A healthy, balanced diet for young children
- Correct portion sizes and healthy snack choices
- Reading food labels
- Tips to manage fussy eating and encourage new foods
- Ideas for active play

Families and Carers receive information and resources each week including activity and play ideas to try with their child at home.

NYLO is open to all families with children aged 5 years and under, living in Cardiff and the Vale of Glamorgan.

**To find out more visit www.NYLO.co.uk
email Nutrition.Skillsforlife.cav@wales.nhs.uk
Or ring/text 07972 732614**



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Cardiff & Vale
Nutrition and Dietetics
Maeth a Dieteg
Caerdydd a'r Fro