

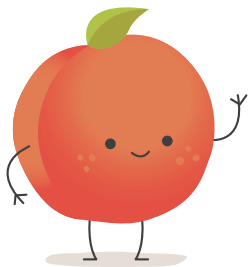
# NYLO

Nutrition for Your Little One  
Maeth i'ch un bach

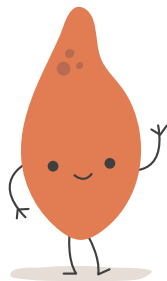
NYLO is a free 6 week programme that can help you feel more confident to:

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

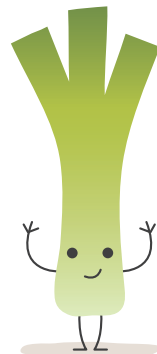
NYLO is open to all families with children aged 5 years and under, living in Cardiff and the Vale of Glamorgan.



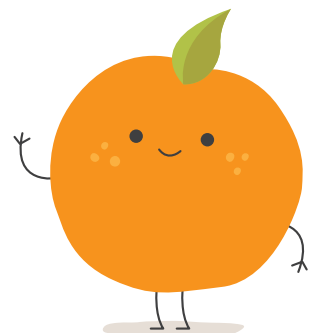
**NANCY**  
Nectarine



**YUSUF**  
Yam



**LLEWELLYN**  
Leek



**OLA**  
Orange

To find out more email  
[Nutrition.Skillsforlife.cav@wales.nhs.uk](mailto:Nutrition.Skillsforlife.cav@wales.nhs.uk)  
Or ring/text 07972 732614  
[www.NYLO.co.uk](http://www.NYLO.co.uk)



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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