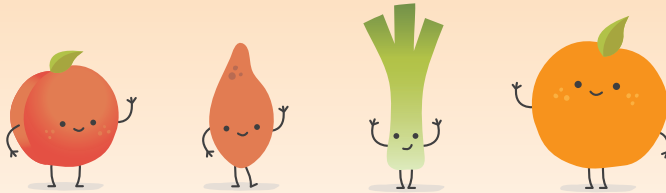


NYLO

Nutrition for Your Little One
Maeth i'ch un bach



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

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

The programme 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 to save time and money

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

The NYLO Group Programme is open to families with children aged 1-5 years, 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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Caerdydd a'r Fro
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University Health Board



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