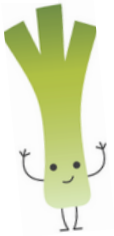
GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Cardiff & Vale Nutrition and Dietetics
Maetheg a Dieteteg Caerdydd a'r Fro

NYLO
Nutrition for Your Little One
Maeth i'ch un bach




EXPOSURE CHART

NAME

DATE

FOOD ITEM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	REWARDS