

Eggs: Eggs are rich in protein, calcium, Vitamin B12, riboflavin. One egg



has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. Disease-fighting nutrients like lutein and zeaxanthin make eggs a powerhouse of nutrients.

Fish: Rich in proteins and vitamin D, the fish diet is linked to building immunity. Fish is filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin). This seafood diet is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium.

Banana: This fruit is tasty, convenient to eat and contains rich deposits of potassium, manganese, calcium, Vitamins B6, C, A, and a good amount of soluble **Fibre**. The prebiotics in it will help gut health. Very important fruit for a growing child.

Chicken: The chicken diet is known to help tissues and muscles grow. Chicken is a source of high-quality dietary protein. 30 grams of protein per meal could benefit muscle and bone growth.

soybeans contain hormone-like substances (called phytoestrogens) that copy the action of the female hormone oestrogen