

# 5 Years Without Food The Food Allergy Survival Guide How To Overcome Your Food Allergies And Recover Good Health

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Park Academy's Chef Rohan has created this food pyramid as a guideline for healthy eating for 1-5 year old children. His main recommendations are: Avoid food or drinks that are high in sugar or salt. Children under 5 years should not eat any food with added sugar or salt. Use minimal fat spreads and oils in your child's food. Choose mono or ...

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