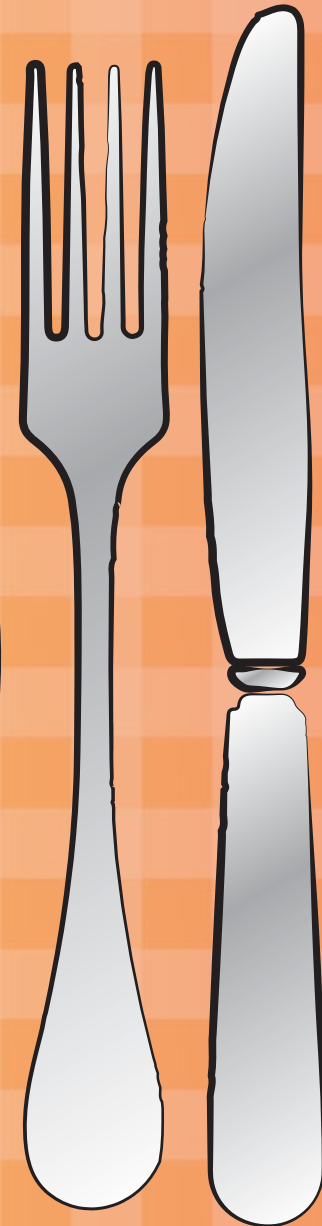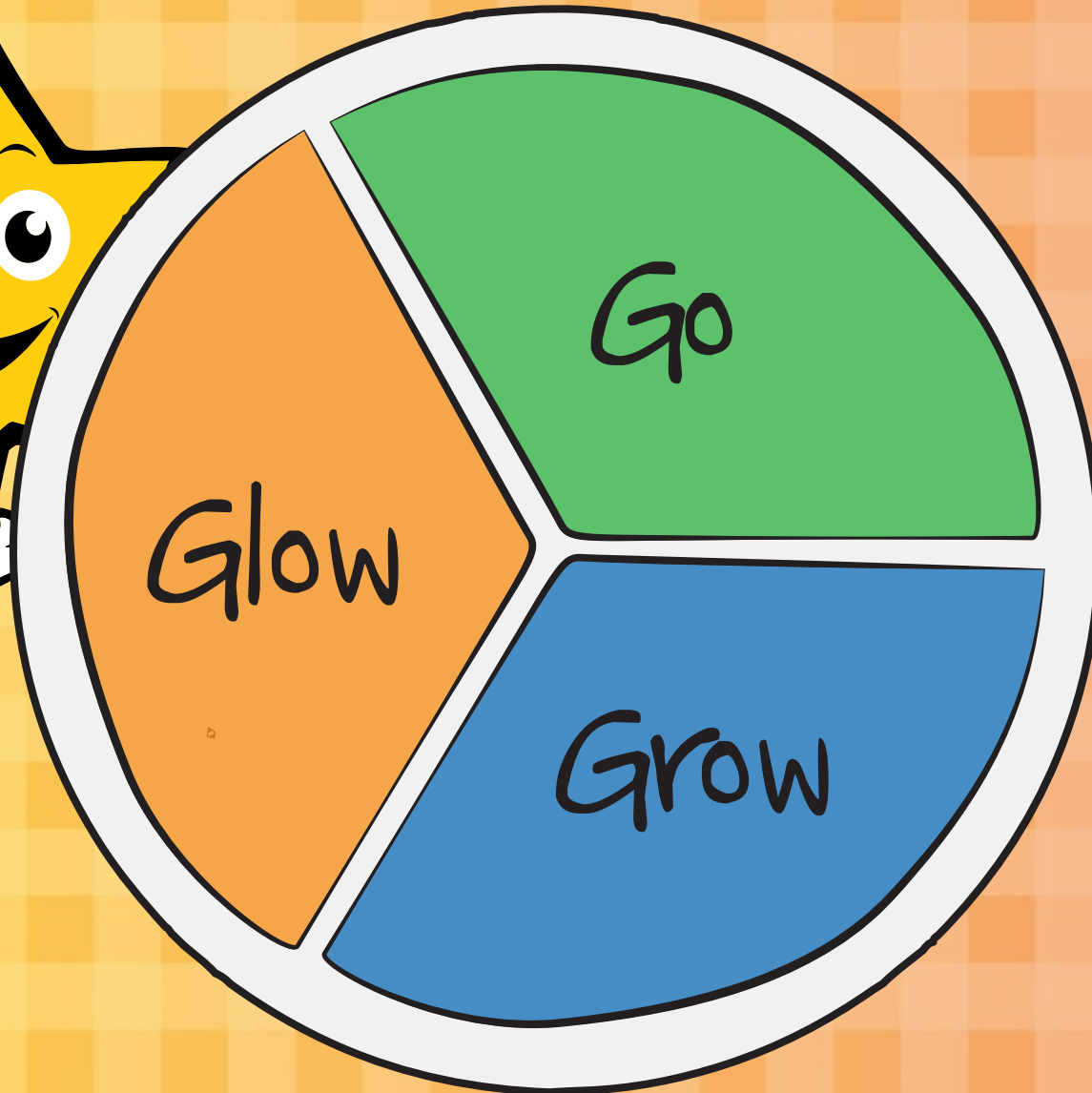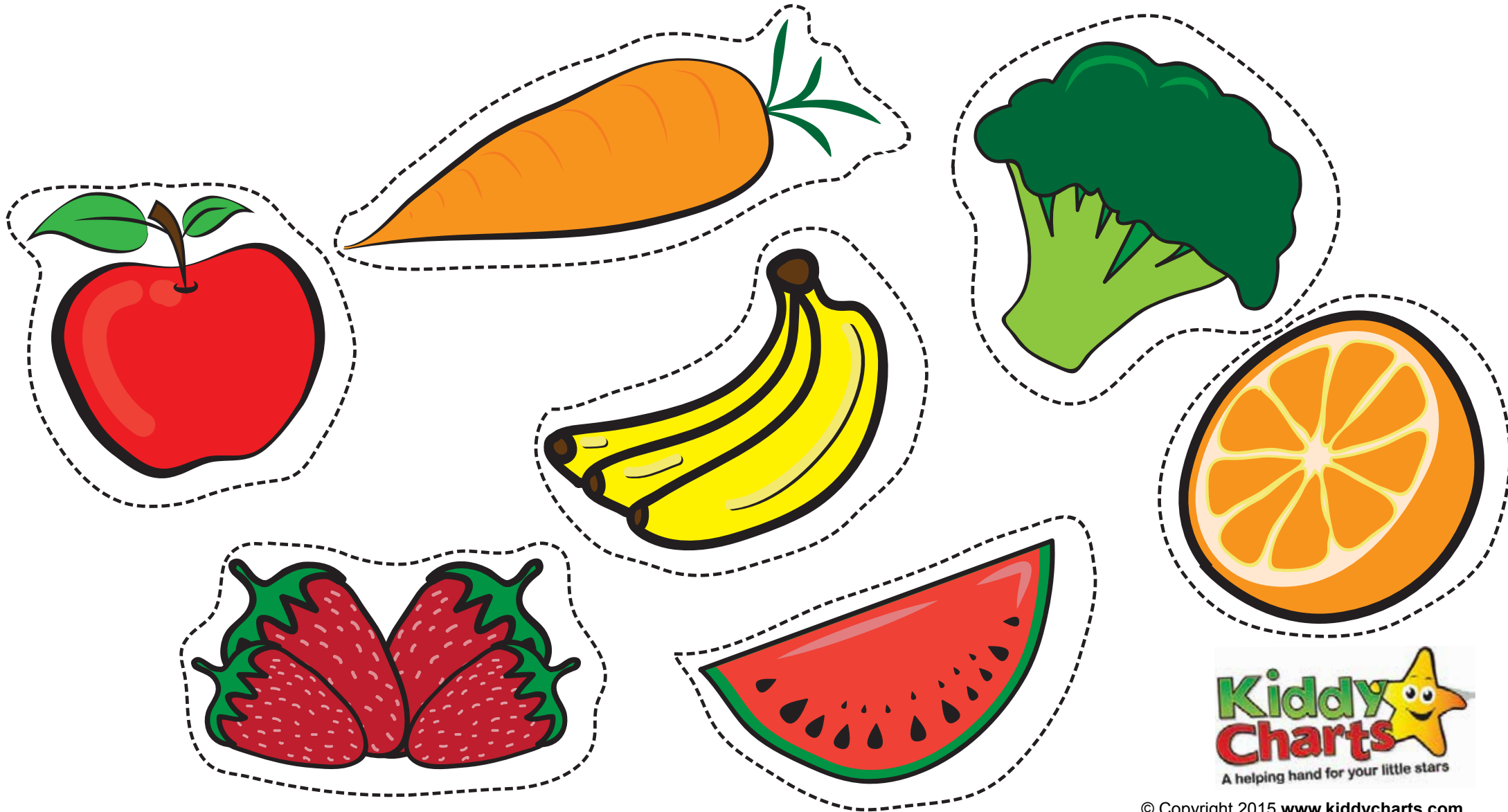# Stay Healthy with **Go, Grow & Glow!**

Go

Grow

Glow

Glow foods

These are foods that enhances the quality or the "Glow" of our skin. This foods are rich in vitamin D that is important for the development of a healthy skin. Green-leafy vegetables and fruits are examples of this food group. They help you have shiny hair and sparkly eyes.

Grow foods

Grow foods are foods that enhances growth development. Foods like milk, yogurt, cheese and other dairy products are types of this food group. They help you to grow big and strong.
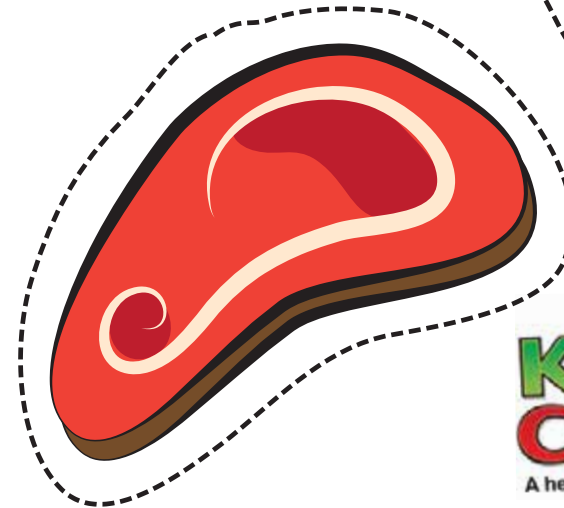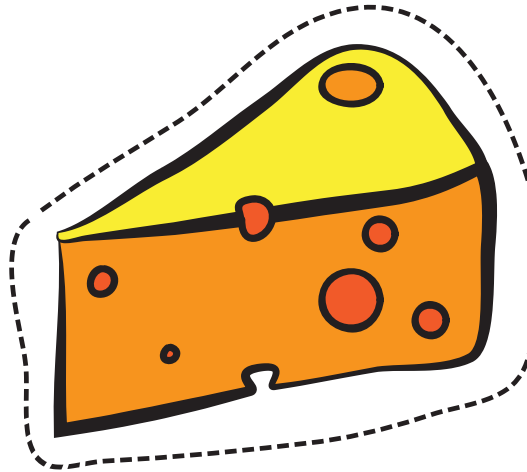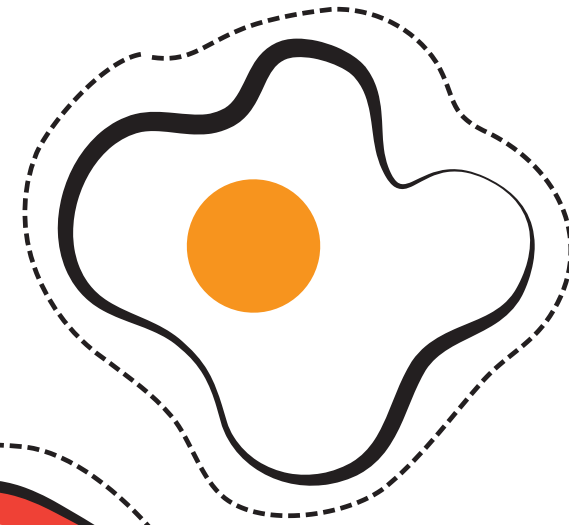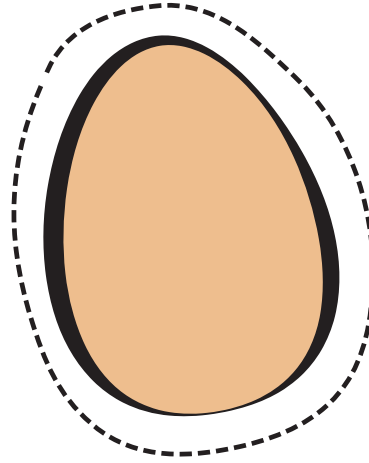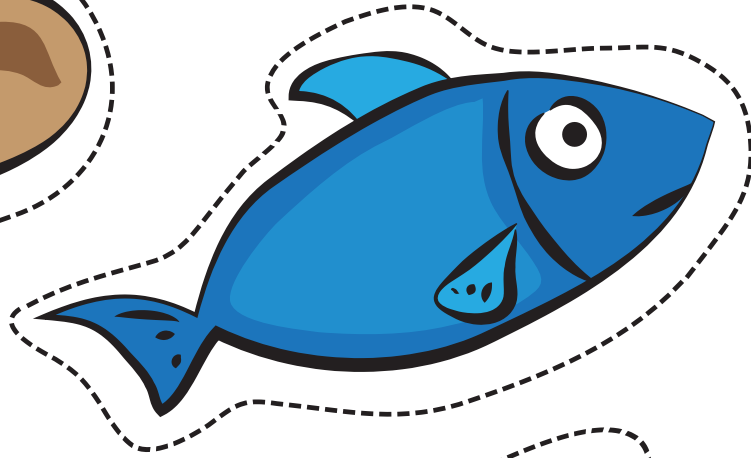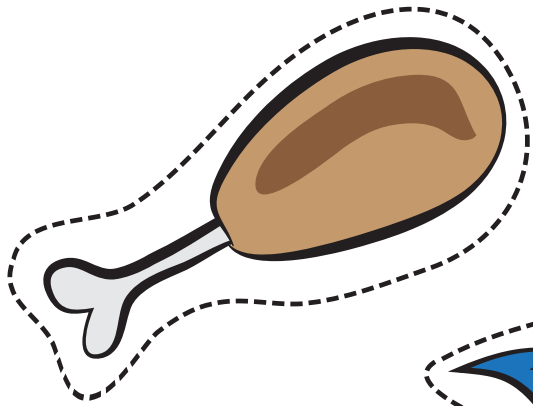
Go foods

Go foods provide energy, hence the name "go". Examples of this type of food group are bread, rice, cereals and other foods that primarily provide carbohydrates. Go foods help you run, jump and play all day.