



# How Eating

# Zucchini

## Helps Your Toddler



Helps boost immunity



Regulates fluid balance and muscle contraction



Promotes good digestive health



May support healthy growth and development because of its rich nutrient profile



May promote good heart health because of low fat and cholesterol composition



May help maintain a healthy weight because of low carbohydrates and high fiber

## Reference

1. Squash, summer, zucchini, includes skin, raw; USDA