

Pick n Play

Nutrition for
CHILDREN

Even the fussiest eaters can learn to love healthy food
that feeds growing bodies and developing minds

LIVE
WELL



You are what you eat...

CHILDREN WHO EAT WELL WILL HAVE THE NUTRIENTS AND ENERGY THEY NEED TO GROW AS WELL AS PERFORM BETTER AT SCHOOL, SPORTS AND OTHER ACTIVITIES. HELP YOUR CHILDREN DEVELOP HEALTHY EATING HABITS THAT WILL BENEFIT THEM FOR LIFE.

FOLLOW THESE GUIDELINES FOR WELL-NOURISHED BODIES



→ **Ensure meals are rich in protein**

Fish, chicken, meat, eggs, dried beans, lentils and soya are high in protein, which provides the building blocks for growth. They are also a great source of iron and other important nutrients.

→ **Limit sugar**

Food and drinks with added sugar need to be restricted. Children who frequently have biscuits, sweets, chocolates and

sugar-sweetened drinks may be missing out on other more nutrient-rich food. Restrict treats to special occasions and curb kids' intake of sugar in cereals and beverages.

→ **Shake the salt habit young**

Help your children get used to and enjoy the natural taste of food by not adding salt to their meals, and by avoiding salty ingredients such as stock cubes and soup powders in your cooking.

GOOD IDEA

Focus on the "good" fats.

Use healthy plant fats and oils such as olive oil, canola oil, avocado, peanut butter, seeds and nuts.



GOOD IDEA

Plant a family vegetable garden! Children are more likely to eat veggies they grow themselves – and they'll learn valuable skills.

- ➔ **Add vegetables to your children's favourite meals**, for example grated carrot in bolognaise sauce and vegetable toppings on home-made pizza.
- ➔ **Offer them raw veggie fingers.** Children may prefer uncooked vegetables because of their crisp texture and bright colours. Also offer them a healthy dip such as guacamole, cottage cheese or hummus.

TRY THIS

Include a bottle of water in your children's lunch boxes every day.

PnP LIVE WELL
FLAVOURED
SPARKLING
WATERS (500ml)



ADD A PERSONAL TOUCH Tuck a surprise – such as a note or stickers – in your children's lunchboxes or hide a special treat at the bottom. Pack fun napkins, draw a face on a banana with a marker pen or cut sandwiches into novelty shapes using a cookie cutter.



LUNCHBOX IDEAS

The lunchbox should give children most of the nutrition they need for the day. However, no matter how healthy your children's lunches are, they won't provide any nutritional value if the food doesn't get eaten!

VEGETABLES

- ➔ A variety of raw vegetables – carrot, baby corn, baby peppers – with a dip
- ➔ Cold-pressed fruit and vegetable juices
- ➔ Lentil and vegetable soup in a flask for cold days

FRUIT

- ➔ Peeled, sliced or cubed fruit, which is easier to eat
- ➔ Fruit kebabs – try a mix of pineapple, grapes, melon and strawberries
- ➔ Mini fruit pots of blueberries or fruit salad

- ➔ Smoothies – either make them fresh, or try PnP's frozen smoothies by Kauai
- ➔ Dried fruit
- ➔ Raisins
- ➔ Fruit-and-nut trail mix
- ➔ Date balls

STARCHY FOOD

- ➔ Fibre-rich bread or seeded rolls
- ➔ Mini pitas or wraps
- ➔ Rice cakes or crackers
- ➔ Pasta, bulgur wheat or quinoa in a salad
- ➔ Popcorn – the regular kind, or try PnP Live Well's popped sorghum

- ➔ Muffins
- ➔ Pancakes with a filling

PROTEIN

- ➔ Cold-meat slices – roll them with cheese inside
- ➔ Chicken pieces, such as a drumstick, or shredded with mayonnaise
- ➔ Canned fish, which can be mixed into a pasta salad
- ➔ Boiled eggs
- ➔ Falafel balls, meatballs or PnP Live Well Corn & Chickpea Bites
- ➔ Mini quiches
- ➔ Mini burgers
- ➔ Baby sausages
- ➔ Chicken nuggets
- ➔ Hummus in

TRY THIS

PnP FULL CREAM SMOOTH FLAVOURED YOGHURT (SIX-PACK)



a small tub for dipping

- ➔ Nuts, peanuts and raisins
- ➔ Peanut butter
- ➔ Biltong

DAIRY

- ➔ Milk, including flavoured milk
- ➔ Yoghurt or drinking yoghurt
- ➔ Blocks of cheese and cream cheese
- ➔ Cottage cheese

TRY THIS

PnP KIDZ TWIRLY PASTA BOLOGNAISE (200G)



TRY THIS

PnP TO GO CHICKEN BABY MARROW & SPINACH BITES



TRY THIS

PnP KIDZ BERRY & YOGHURT GRANOLA BARS (100G)



TRY THIS

PnP COLD PRESSED ORANGE, CARROT & GINGER JUICE BLEND (250ml)



CARBS ARE IMPORTANT FOR CHILDREN

Starchy food, like bread, cereals, pasta, potatoes and pap, should be part of most meals, as it provides energy. Encourage intake of more fibre, such as wholegrain bread and cereals, oats, wholewheat pasta, brown rice, samp and potatoes.

INCLUDE DAIRY PRODUCTS EVERY DAY

Milk, cheese, yoghurt and maas provide calcium, a mineral used by the body to build strong bones. Prepare fruit and yoghurt smoothies and add cheese and tubs of yoghurt to lunchboxes.



Don't skip breakfast

Eating breakfast is linked to improved learning, as studies show that children who eat breakfast have better short-term memory.

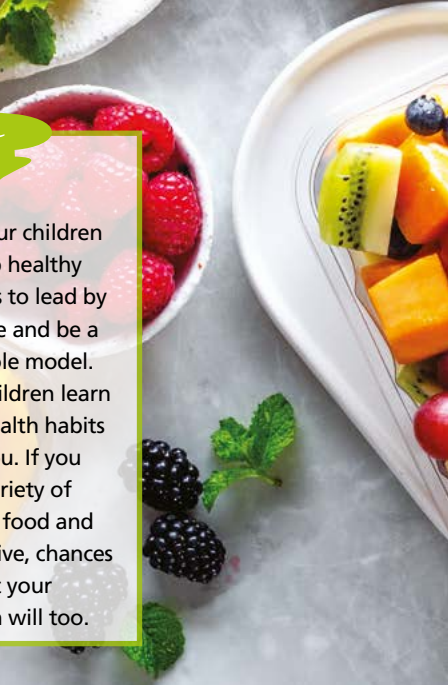
Some handy breakfast ideas:

➔ Bran-enriched cereal or oat porridge with milk and a banana

- ➔ Eggs or baked beans on seed toast.
- ➔ Peanut butter on a brown crumpet with a small glass of milk
- ➔ A smoothie – blend yoghurt with fruit, milk and a handful of ice

The most important thing you can do to

help your children develop healthy habits is to lead by example and be a good role model. Your children learn their health habits from you. If you eat a variety of healthy food and stay active, chances are that your children will too.





GET THEM DRINKING WATER

Enjoying water as a drink will remain a worthwhile habit for life.

KEEP THEM ACTIVE

Healthy eating is just part of a healthy start in life – encourage your children to be physically active too.

GIVE CHILDREN VARIETY

Different types of food offer different nutritional benefits, so expose your children to as much variety as possible.

ENCOURAGE VEGETABLES AND FRUIT

These foods are great sources of a wide variety of important nutrients. Plan between five and nine servings of vegetables and/or fruit every day.

KEEP NUTRIENT-RICH FOOD VISIBLE

Make sure your children can see healthy food – place it on lower

shelves in the fridge, pantry or cabinet – and keep treats hidden or high up so they're less visible.

HEALTHY HABITS FOR LIFE

Plan a regular meal schedule. If meals are skipped, children tend to snack more and are less hungry at mealtimes.

Use their tummy space primarily for food that provides good nutrition.

EAT AS A FAMILY AT LEAST ONCE A DAY

Research shows that children who regularly eat with their families have a better nutrient intake, healthier body weight, better school performance and better language development because of family “talk time”

NUTTY BANANA BREAD IN A BAG

No mess and no fuss – this banana-bread mix is made in a zip-seal bag and is a great way to get the kids involved.

SERVES 6–8

Ingredients:

4–5 (about 220g) ripe or overripe **bananas**, peeled
 ¼ cup (60ml) **melted butter** or **canola oil**
 1 tsp (5ml) **baking powder**
 1½ cups (375ml) **wholewheat flour**
 1½ cups (375ml) **wheat bran flour**
 ½ tsp (3ml) **salt**
 2 **eggs**, whisked
 2 Tbsp (30ml) **milk**
 1 tsp (5ml) **vanilla essence**
 ⅔ cup (135g) **brown sugar**
 ½ tsp (3ml) **ground cinnamon**
 ¼ cup (60ml) chopped **walnuts** or **almonds**, plus extra for topping

For serving:

Butter, softened

2 tsp (10ml) **honey**
 ¼ cup (60ml) **blueberries**

Method:

Preheat oven to 180°C.
Grease a loaf tin with butter and line with baking paper.
Place 3 bananas in a large zip-seal bag and mash with your hands.
Add butter or oil.
Combine baking powder, flours and salt and add to

banana mixture.

Combine eggs, milk and vanilla and add to mixture.

Add sugar, cinnamon and walnuts (or almonds) to mixture, then seal bag.

Massage mixture with your hands for about 5 minutes, or until well combined.

Spoon batter into prepared loaf tin.

Slice remaining bananas lengthways

and arrange on top of batter, then scatter with extra nuts.

Bake for 1 hour, or until a skewer inserted into the centre comes out clean.

Cool completely in loaf tin before turning out onto a wire rack.

Slice and serve with softened butter, honey and blueberries.



TRY THIS

PNP LIVE WELL CANOLA EGGS

