

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, AND IN 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 learn to 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 bolognese 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 DRINKS (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

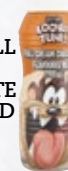
TRY THIS

PnP KIDZ TWIRLY PASTA BOLOGNESE (200G)



TRY THIS

PnP LOONEY TUNES FULL CREAM CHOCOLATE FLAVOURED MILK (300ml)



TRY THIS

PnP KIDZ MIXED BERRY FRUIT CUBES (30G)



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.

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.

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.

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.

GIVE CHILDREN VARIETY

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

KEEP NUTRIENT-RICH FOOD VISIBLE

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



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.

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".

PROTEIN BALLS

These no-bake treats are great as a lunchbox snack or on-the-go nibble! Each variation makes about 10 balls.

BASE RECIPE: Banana and peanut butter

- 1 mashed banana,
- 3 Tbsp (45ml) peanut butter, ½ tsp (3ml) cinnamon and a pinch nutmeg
- 1 cup (110g) rolled oats
- 3 Tbsp (45ml) nut butter of your choice
- 1 Tbsp (15ml) chia seeds
- ½-1 cup desiccated coconut, for rolling

Blitz ingredients in a food processor or blender for 8-10 minutes. Scoop 1½ Tbsp of mixture and roll into a ball. Repeat

with the remaining mixture. Roll balls in coconut (for the variations below, this is optional). Set in the fridge for about 10 minutes.

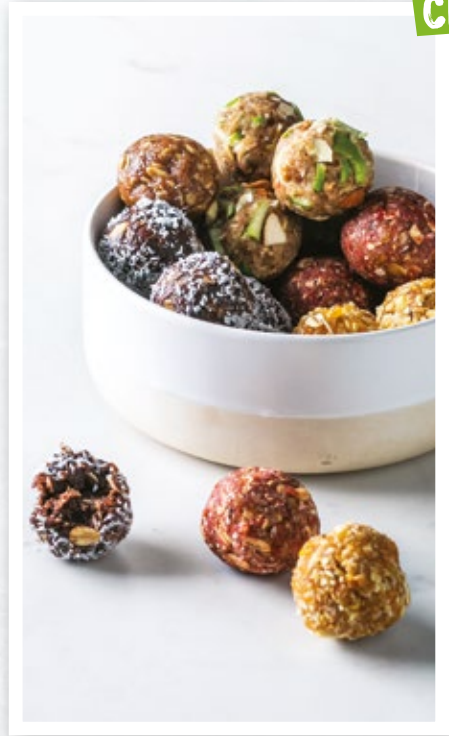
VARIATIONS:

1. Apple, nut and cinnamon

Replace honey, cocoa powder and chocolate with:
 1 grated Granny Smith apple, ½ cup (80g) almonds or pecan nuts, 7 pitted and chopped medjool dates and 1 tsp (5ml) cinnamon.

2. Beetroot and almond

Replace honey, cocoa powder and chocolate with:
 2 Tbsp (30ml) beetroot powder, 7 pitted and chopped medjool



dates, ½ cup (80g) almonds and 2 Tbsp (30ml) coconut oil.

3. Apricot

Replace cocoa powder

and chocolate with:
 1½ cups (200g) dried apricots, ½ cup (80g) almonds or cashew nuts and grated peel of 1 lemon. Use 2 Tbsp (30ml) honey.

TRY THESE

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PnP Kidz Bananas



PnP Kidz Apples (1kg)



PnP Salt and Sugar Free Peanut Butter (400g)



PnP Live Well Flaked Almonds (100g)



PnP Live Well Oats (1kg)

For more information on nutrition and your health, contact the Pick n Pay dietician on 0860 30 30 30 or via healthhotline@pnp.co.za. Visit www.adsa.org.za for the contact details of a registered dietician in your area.



Customer hotline

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