

habits will continue as they grow older. In this way, the risk of developing obesity, diabetes,

7 steps to healthy eating for kids 1 Encourage children to enjoy a variety even

of foods

bones and tissues. Expose your children to as offering them new foods regularly, one at a time and in small amounts – and remember to eat with them. Youngsters prefer familiar foods, so they are more likely to try (and to trust) foods that adults eat as well.

2 Provide plenty of vegetables and fruits every day

important to eat a variety each day – at least five portions of different vegetables and/or fruits a day.

3 Get them to drink lots of clean. safe water

Water is the cheapest yet best drink of all. Clean water needs to be part of our children's daily diets, so get them to drink water with meals when they are young and it will remain a good habit for the rest of their lives.

4 Ensure daily dairy intake

Both full-cream and reduced-fat dairy products (milk, cheese and yoghurt) are rich in calcium, a crucial mineral for the development of strong bones in growing children. Today there experimenting, there should be something for

every child: milk (maybe with a little added

5 Chicken, fish, meat or eggs can be eaten daily

important sources of protein for growth and for maintaining and repairing body tissue. good sources of easily-absorbable iron and fish provide omega-3 fatty acids, so serve or mackerel at least twice a week.

6 Use fats and sugars sparingly

Children should not have a very low-fat diet; they need the same balance of fats as adults. That means you should restrict saturated fats (animal fats) in favour of unsaturated fats such as olive or sunflower oil, tub margarines, avocado, peanut butter and nuts. Sugar can be part of a balanced eating plan, but in moderation. Restrict sweets and chocolates to after-meal treats and provide milk, fruit juices or sparkling water rather than soft drinks.

7 Keep them active

Eating healthily must go hand in hand with problem in South Africa, so parents should encourage children to exercise. Best of all is when parents and children exercise together.

HELPFUL GUIDELINES

- Children learn by watching you, eat the same healthy dishes as you
- Reward children with affection and unhealthy attitudes.
- Giving food funny names calling brussels sprouts 'muscle sprouts', or potato and brussels sprout mash
- Constipation is common in kids. Make sure your child drinks enough water. Rooibos tea is also good. All fruit, especially prunes and pawpaw, helps alleviate or plain) can be eaten whole or finely chopped into yoghurt, cereal or porridge.
- Stir a teaspoon of oat bran into food whenever possible, and regularly use beans, lentils and chickpeas as meal ingredients.

USEFUL CONTACTS

Pick n Pay Health Hotline: 0800 11 22 88 healthhotline@pnp.co.za. Low-GI recipe book **Sustained Energy** for Kids (Tafelberg) by dietitians Steenkamp, Merlin and Wellmann. To find a private dietitian in your area go to www.adsa.org.za.



Tips to get your kids to follow a healthy diet

- 1 Fish can be included into children's meals by using fish fingers, fish cakes and steamed fish flakes stirred into rice. Aim to have at least two fish meals a week.
- 2 The canned varieties of dried beans, peas and lentils can be added to soups, mince and stews. Or simply prepare baked beans on toast with a little grated cheese.
- **3** Sipahh straws are great for encouraging milk intake, each straw only provides 1 teaspoon of sugar.
- 4 Fruit kebabs are fun use a variety of colourful fruit such as melon, strawberries, pineapple and grapes.
- 5 Dried fruit, such as raisins, guava roll and dried mango make for delicious additions to lunchboxes.
- **6** Blend fruit into a smoothie by whizzing up a banana, frozen mixed berries and yoghurt a nutritious drink for children of all ages.
- 7 Children enjoy raw vegetables, such as carrots, baby tomatoes or sliced cucumber, particularly when supplied with a favourite dip, such as hummus or mashed avocado.
- 8 Disguise vegetables in food add puréed carrots to tomato-based pasta sauces. Or finely chop a variety of vegetables and hide them in home-

four | Health wise

- baked pizzas, soups, mince dishes and casseroles.
- 9 At mealtimes, draw a picture out of fruit and vegetables for the younger children use broccoli for trees, carrots and celery for flowers, cauliflower for clouds and a yellow squash for the sun. When it's done, have your child eat the masterpiece!
- 10 Vegetable kebabs, baked banana in their skins and mealies on the cob are a treat at braais.
- 11 Desserts can be healthy serve frozen fruit yoghurts, fruit-enriched muffins or ielly made with fresh fruit.
- 12 Remember their water intake freeze a bottle of water or diluted juice the night before packing their lunchbox and it should stay cold for most of the day.



Meal-planning ideas

To make your menu planning easier, here are some meal suggestions. Choose one option per meal and one mid-morning and mid-afternoon snack.

Breakfast	Wholewheat ProNutro with milk and half a small place of orange inice
	Boiled or scrambled egg on toast with a small glass of orange juice Baked beans on toast with a small banana
	Peanut butter and toast with a glass of milk
	Smoothie: blend low-fat vanilla yoghurt with 2 fruits and milk
Snacks Morning and afternoon	A small tub of yoghurt or a carton of drinking yoghurt
	A carton of flavoured milk or Milo
	A few pieces of dried fruit
	Nuts or peanuts and raisins
	A fruit kebab made with melon, pineapple and strawberries
	Home-made popcorn or muffin
	Crackers or bread with peanut butter or cheese wedges
	Biltong or hard-boiled egg
light meals or lunchboxes	A small roll with peanut butter and sliced banana/chicken mayonnaise/ ham and cheese with baby carrots and an apple
	Mini pitas with egg mayonnaise and shredded lettuce or meatballs and tomato sauce with finger vegetables
WICHOOXES	Cold pasta salad with tuna, sweetcorn and mayonnaise with a banana
	Cheese fingers wrapped in ham slices with a savoury cheese or bran muffin and strawberries/peeled orange
	Cream cheese on a slice of toast with a slice of ham with baby corn/carrots and cucumber sticks to dip in hummus
N / / D	Pilchard fish cakes with pasta salad
Main meal	Beef stroganoff with rice and a carrot and pineapple salad
	Salmon pasta bake with vegetable sticks
	Chicken kebab and vegetables with a cheese sauce
	Spaghetti bolognaise with a mixture of steamed baby vegetables

www.picknpay.co.za Health wise | five

Healthy meals

Cheese and ham wraps

- * 4 slices cooked ham
- * 30g cheese, cut into 4 sticks
- * 4 large butter lettuce leaves Wrap each of the cheese sticks in a slice of ham and lettuce. Roll up in wax paper.

With a side order of...

- * 1 small, low-GI bran and banana muffin
- * 1 nectarine
- * 4 asparagus spears
- * 4 baby carrots







- * 1 banana, frozen
- * 1 cup (125ml) frozen berries
- * 1 cup (125ml) plain low-fat vanilla yoghurt
- * 1 cup (125ml) ice cubes

Blitz the bananas, berries, yoghurt and ice in a blender and pour into a Thermos flask.



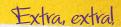
Low-GI sandwich fingers

- * 2 slices low-GI bread
- * avocado
- * 4 slices smoked chicken
- * 1 squeeze lemon juice

Slice the avocado, add a squeeze of lemon juice and place on a slice of bread. Top with the shaved chicken, close the sandwich and slice it into fingers.



Starchy foods that have a low glycaemic index (GI) are a better choice for children because they are slow release and keep blood glucose levels steady. This helps to improve concentration and energy levels, and prevents moodiness and irritability.

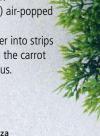


- * 1 cup (125ml) or 2-3 small sticks lean biltong
- * 1 apple
- * 6 carrot balls
- * 5cm cucumber
- * 2 Tbsp (30ml) hummus
- * 2 Tbsp (30ml) mixed nuts and raisins
- * 1 cup (250ml) fresh milk
- * 1 Sipahh straw
- * 1 cup (250ml) air-popped popcorn

Cut the cucumber into strips and pack it with the carrot balls and hummus.











Name:

5-a-Day portions chart

1 Portion =

- * 1/2 glass of fruit juice OR
- * 1 medium sized fruit OR
- * 1 cup of salad OR
- * 1 handful of raisins OR
- * 1/2 cup of corn

Eat plenty of vegetables and fruit every day for better health!



Portions	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
+							

This chart will help make 5-a-Day more fun for your kids. Simply mark the box with a sticker, a star or just a tick for each portion of fruit or vegetables eaten by your child. Do this every day and see if they can get to 5-a-Day. If they eat more than 5 in one day, tick the + box and they can use this portion to help fill in on days where they did not get to eat 5 portions. Above all, have lots of fun!



