



Why is it so important to feed children well? There are many reasons and so many health related issues in children today can be attributed to a poor diet:

Obesity = growing problem, UK now the fattest country in Europe, fat babies become fat children who become fat adults who will go on to develop related health conditions.

Bone health = return of rickets cases on the increase, (20% of 200 children in recent study exhibited symptoms of rickets!) children are not eating calcium which leads to tooth decay and poor growth.

Mental health; 2-5 % children/teenagers suffer from depression; in a class of 30, 1-3 children may have ADHD.

Immune system; children who do not properly more prone to colds, infections, fatigue, stress, poor sleep = same as adults!

foods

protein

Lean meat, fish, eggs, cheese, milk & yoghurt, nuts, nut butter, lentils & pulses

carbohydrates

Wholegrain bread, cereals, rice, pasta, potatoes, noodle, lentils, couscous, oats, & root vegetables

fruit & vegetables

Any colored vegetable except potatoes, eat a rainbow of different colours

good fats

oily fish, nuts, seeds, olive oil, avocado, vegetable oils, sunflower oil

required for

Growth & development – muscles, bones, brain, immune system;

Wholegrains are vital for sustained energy release & fibre

Provides vitamins needed for good health & immunity as well as fibre

Brain food = help with concentration, behavior & brain development.

how much?

3-5 servings

1 serving = 1 egg, 1 tbs nut butter
1 fist size meat/fish, 50g cheese
1 pot yoghurt, 1 large glass milk

6 servings per day

1 serving =
1 slice bread, ½ cup pasta/rice/cereal/couscous
½ large baked potato

at least 5 a day

½ cup e.g. 1 small banana,
1 medium apple, 7 baby tomatoes, 3 tbs beans/peas

Children should eat 2 portions oily fish per week e.g. salmon, mackerel, anchovies, sardines, herrings (SMASH)

how to get enough



Have eggs for breakfast or after school snack
Add meat/ fish/ beans to pasta sauces
Nut butter on toast for breakfast/snack
Snack on nuts/seeds, yoghurt, milk, cheese

Swap - white for brown bread/pasta/rice
chips for sweet potato wedges
high sugar breakfast cereal for porridge/muesli
biscuits for flapjacks

Add fresh fruit to breakfast cereal in morning
a glass of juice/fruit smoothie with breakfast
Put dried fruit/ fresh chopped fruit/raw veggies in lunch box, fresh fruit snack after school,
Add vegetables & beans to sauces and casseroles

Sardines on toast
Mash smoked mackerel with yoghurt= tasty dip/sandwich filler
Nuts/seed as snacks
Avocado dip with pitta/veggie strips