

SWAP OUT THE SWEETS

Navigating the snack isle can be a challenge when you're competing against "fun" foods and marketing aimed straight at the kids! This is a healthier version of a store-bought snack that can often contain starch, soy, artificial flavours, and artificial colours.

Fruit roll ups:



Ingredients:

3 Cups chopped fresh fruit of choice (eg. berries, mango, peach)
2 Tablespoons lemon juice

Optional: Sweetener to taste (eg. maple syrup or coconut sugar)

Method

1. Place the fruit, lemon juice (and sweetener if using) in a blender and blend until as smooth as possible.
2. Line a baking tray with baking paper.
3. Pre-heat oven to the lowest temperature possible (this will depend on your oven).
4. Pour the fruit mix into the tray and thinly cover the base (this should be as thin as possible, without leaving holes).
5. Place the baking tray in the oven and wait! Cooking time will vary depending on oven temperature, but it is done when there are no gooey bits (can be 4-6 hours).
6. If the sides go a little too dry, re-hydrate by rubbing with a bit of water (clean water on your hands is good enough).
7. Let the mix cool, and then peel off the baking paper
8. Using kitchen scissors, cut the sheet into strips (or into fun shapes if the kids prefer).

THE FUN SIDE OF FOOD

Sometimes, getting the kids to eat healthy foods can be a struggle, especially with brightly coloured, cartoon shaped, "toy included" foods as competition!

Here are some of the tricks of the trade that you can use to make healthy food, fun!

Apple Doughnuts

1. Core apples and cut into slices to get doughnut-shaped pieces
2. "Ice" the doughnuts using coconut yoghurt/fruit puree/nut butter
3. Decorate with berry and muesli "sprinkles"

Banana and Nut Butter "Sushi"

1. Take a wholegrain wrap and coat in nut butter of your choice
2. Place a banana along one edge and roll into the wrap
3. Chop into little slices of "sushi"

Fruit Kebabs

1. Chop a selection of fruit and thread onto skewers

Frozen Yoghurt Bites

1. Take coconut yoghurt and pipe into little "buds" on a baking paper lined tray
2. Pop into the oven till frozen

Optional: coat berries or small pieces of your child's favourite fruit in the yoghurt and freeze.

Cucumber Hearts

1. Cut cucumber into slices
2. Use a small heart shaped cookie cutter (or cutter of choice) to cut out shapes



CHERISHING YOUR CHERUBS



Trying to make sure our kids get what they need in terms of nutrition can be tough. Navigating an information overload, tailoring to each child's specific needs, and then having to deal with the inevitable fussiness! But it doesn't have to be mission impossible.

A strong foundation is essential to giving our kids the best chance in life, so if we focus on getting the basics of nutrition right, we can have some peace of mind that our kids are off to a great start.

We've narrowed down some of the major things to look out for in this brochure, to help you build the strongest foundation for your child's health!



Eating healthy is a piece of pie!



✓ THE GOODIES

There are loads of nutrients out there, with different benefits to offer our kids, but here are three of the major nutrients that build healthy brains and bodies!

Magnesium Citrate

Magnesium citrate is more easily absorbed than other forms of magnesium, which means your child can get more of the good stuff! This nutrient helps to support a healthy nervous system, which is in charge of sending messages from around the body to the brain.

Calcium Citrate

This well-known nutrient helps to build strong bones and teeth, and supports loads of other bodily functions. Just like Magnesium, the Citrate version of this nutrient means it is more easily absorbed by the body. These citrate forms have the added benefit of being alkalising, an important feature as the common, Western-style diet of processed, simple carbohydrates is acid-forming in the body.

Choline

Choline is a powerhouse nutrient which can help developing brains, supporting healthy brain and cognitive function.

✗ THE BADDIES

There are so many nasties to look out for, with varying levels of evidence to back up claims that they're bad for children. It's impossible to avoid all of them, but these are some particularly nasty ones to look out for.

Artificial Sweeteners

As a general rule of thumb, if you can't pronounce it, don't eat it! Artificial sweeteners sneak their way into too many foods and supplements made for children. Look for natural flavours and sweeteners, such as Glycine, a natural amino acid that can add a sweeter flavour. As well as its natural sweetness, this amino acid can aid sleep and mood.

Artificial Colours

If one of the ingredients on your food or supplement starts with E and a number, it's plagued with artificial colours! While the jury is still out on long term effects of artificial colours, in the short term they've been found to exacerbate hyperactivity.

Allergens

If your child suffers from allergies or sensitivities, it's always important to thoroughly check the ingredients list! Some common allergens that can be found where you least expect them include gluten, dairy, eggs, soy, peanuts and tree nuts like macadamias and cashews.