

Healthy eating for children

ADSA association for dietetics in south africa

5 a Day

rediscover dairy

Pick n Pay
Inspired by you

Banana buttermilk muffins

Makes 12 deliciously wholesome muffins

- 125ml (½ cup) wholewheat flour
- 375ml (1½ cups) cake flour
- 10ml (2 tsp) baking powder
- 3ml (½ tsp) bicarbonate of soda
- 3ml (½ tsp) salt
- 200ml (¾ cup) soft brown sugar
- 125ml (½ cup) cooking oil
- 2 extra-large eggs
- 250ml (1 cup) buttermilk or milk
- 5ml (1 tsp) caramel or vanilla essence
- 4 medium bananas, mashed (about 310ml)

1. Sift flour, baking powder, bicarbonate of soda and salt together. Add bran left behind in the sieve. Add sugar.
2. Whisk the oil, eggs, buttermilk and essence together. Add to the flour mixture and mix lightly until just combined.
3. Fold in the bananas, but do not overmix; the batter should still be lumpy. Spoon into greased muffin pans, filling each to two-thirds full.
4. Bake in a preheated oven at 180°C for 20–25 minutes, or until golden brown. Turn out onto a wire rack to cool. Serve with margarine or butter and grated cheese, if preferred.

Variation

For a spicy taste, sift 5ml (1 tsp) ground cinnamon with the dry ingredients.



Nutritional information for 1 large muffin (80g): 826 kJ, 3g protein, 8g total fat, 26g carbohydrates, 1.3g total fibre

Courtesy of the Consumer Education Initiative of Milk SA

Guidelines for healthy eating

Food is essential for life; our bodies need energy and nutrients from foods to grow and develop, to move, work, think and learn. Everyone should follow an eating plan that includes foods that provide these essential nutrients. These guidelines for healthy eating show how to achieve sound nutrition for the whole family.

- **Enjoy a variety of foods** From a nutritional point of view there are no good or bad foods. The foods that make up most of your daily eating plan should supply the key nutrients needed by the body. Children need regular meals and planned snacks, starting each day with breakfast.
- **Make starchy foods the basis of most meals** Starchy foods including maize meal, bread, cereal, rice and potatoes should form the central part of each meal. Fortified maize meal and bread have extra vitamins and minerals added, and are therefore good choices.
- **Drink lots of clean, safe water** Water is found in almost every part of the body. Our body loses water during the day, so must be topped up by drinking 6–8 glasses of liquid a day, most of this as water.
- **Eat plenty of vegetables and fruit every day** Vegetables and fruit contain many nutrients, and should be eaten every day. Aim for at least 5 servings each day; eat them with meals or as a snack, raw or cooked.
- **Chicken, fish, milk, meat or eggs could be eaten daily** These foods provide protein and minerals, and are important for children and adolescents who are still growing. Give your children milk, maas, cheese or yoghurt to build their bones and teeth.





Be active!

Good health is linked to activity and nutrition. Active children build strong muscles and bones, and develop skills, such as balance and coordination.

Brought to you by ADSA 5 a Day Pick n Pay

5-a-Day™

Eat plenty of veg and fruit



The message to eat plenty of vegetables and fruit every day is spreading across the world and experts agree that veg and fruit offer many health benefits. In South Africa, the goal is to eat at least 5 servings of a variety of veg and fruit each day – this is a case where more *is* better! Yet most of us only eat about 3 servings a day. So let's start improving by encouraging children, who need a range of nutrients for optimum growth of bodies and brains, to eat more veg and fruit.

✽ SELECT A VARIETY OF COLOURS AND TEXTURES There are so many different veg and fruit to choose from that come in all colours of the rainbow, from orange butternut and pawpaw to green spinach and purple plums. They also offer a range of textures; think of crisp apples as opposed to mashed potato. The colours indicate the different nutrients veg and fruit contain, which is why it is so important to include a variety in the daily diet.

✽ BE CREATIVE! So often we serve the same foods day after day, but veg and fruit should inspire you to try something new and different. Think of other ways to serve them – add raw carrot rings and cucumber slices to lunch boxes, slice an apple into wedges for a snack, or add a handful of raisins to cereal or porridge at breakfast. Stir-fry, steam or bake… but remember not to add too much fat, salt or sugar – learn to love the taste of each veg and fruit on its own.

✽ 100% PURE JUICE AND FROZEN VEG COUNT The good news is that 100% pure fruit juice, frozen veg, potatoes and dried fruit all count. This means there are so many different ways to reach your 5-a-Day™! 100% pure fruit juice is great to add to a lunch box or to serve with breakfast.

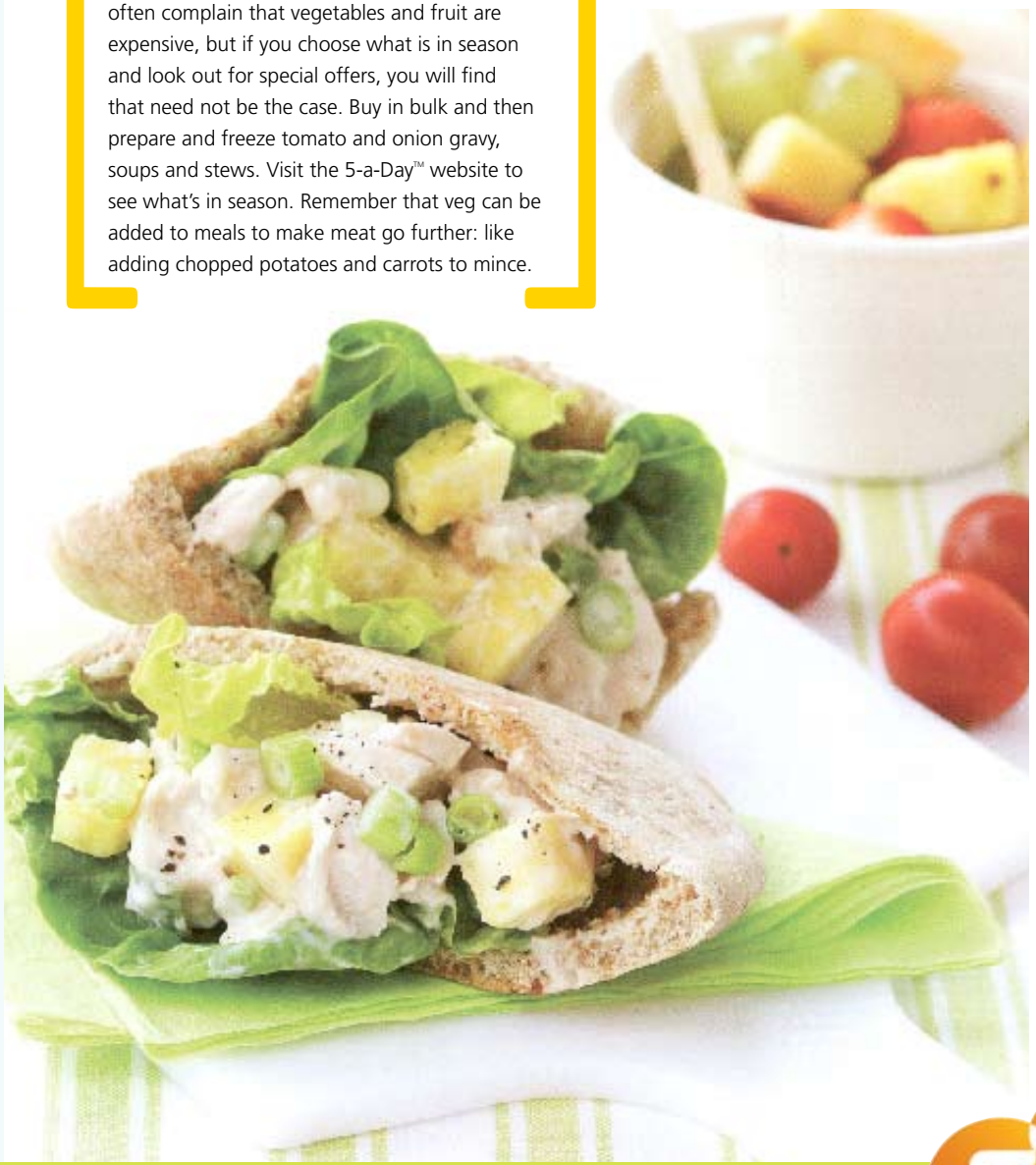


Remember to ensure that you choose 100% pure fruit juice and that at least 3 of your 5-a-Day™ come from fresh or frozen produce.

DID YOU KNOW? Frozen veg retain their nutrients and are as good as eating fresh.

✽ STRIVE FOR 5! Aim for at least 5 servings of a range of different veg and fruit every day. Rather than worrying about what makes a serving, aim to eat *more* and think of ways to *add extra* here and there. Generally one serving is a medium fruit (an orange or banana), or 2 small fruits, such as apricots, or a wedge of melon. 200ml counts as a serving of 100% pure fruit juice. Half a cup or 80g is a serving of vegetables and one cup is a serving of salad. The aim is to eat plenty – and enjoy!

✽ CHOOSE WHAT IS IN SEASON People often complain that vegetables and fruit are expensive, but if you choose what is in season and look out for special offers, you will find that need not be the case. Buy in bulk and then prepare and freeze tomato and onion gravy, soups and stews. Visit the 5-a-Day™ website to see what's in season. Remember that veg can be added to meals to make meat go further: like adding chopped potatoes and carrots to mince.



Visit www.5aday.co.za for loads more information, advice, tips and hints on 5-a-Day™

Brought to you by

3-A-DAY™ DAIRY

Rediscover dairy

Have 3 servings of dairy foods every day for good health and performance

To enjoy the health benefits of dairy foods, 3 servings a day are recommended as part of a balanced diet. Dairy foods such as milk, yoghurt and cheese are major sources of easily absorbed calcium, a mineral which is essential for strong bones and teeth. A serving size of dairy is calculated to provide 300mg calcium per serving. So, enjoying 3 servings of dairy a day will help you obtain at least 900mg of the 1 300mg of calcium recommended daily for everyone who is four years and older.

Dairy, your nutrient rich health-partner

Dairy is a nutrient-rich food source, and 3 servings a day provide 10 essential nutrients to help you achieve good health and prevent disease.

- High-quality protein and carbohydrates
- Vitamins A, B12 and B2
- Calcium, phosphorus, zinc, potassium and magnesium

Growth and muscles

Protein is essential for building, maintaining and repairing body tissues, particularly muscle tissue. Your 3 servings of dairy a day will provide you with up to 45% of your daily protein needs for growth and strong muscles.

Healthy bones

Osteoporosis in adulthood is linked to insufficient deposits of calcium in the skeleton during childhood and adolescence. The teenage years are regarded as the most important period for accumulating peak bone mass and laying down a supply of calcium in the body for the rest of a person's life. If insufficient calcium is deposited in the skeleton during adolescence, this not only exposes the individual to osteoporosis in later life, but can contribute to bone fractures, particularly in teenage girls. Calcium, vitamin D and plenty of physical exercise are the answer to osteoporosis and fracture prevention.

Low-fat dairy products help keep you slim

Scientific research has shown that 3 servings of low-fat milk, yoghurt, maas or cottage cheese every day, as part of a kilojoule controlled diet, can result in increased weight loss, while maintaining muscle mass.

Healthy fats in dairy

Young children can benefit nutritionally from full-cream milk, cheese, yoghurt and butter, which contribute to the daily requirements for omega-3 and omega-6 polyunsaturated fatty acids and fat-soluble vitamins. All children up to the age of two should preferably be given full-cream milk.

Did you know?

Milk is lower in fat than you think

Low-fat and fat-free milk contain the same amount of calcium, protein, minerals and almost all the vitamins found in full-cream milk. On average, full-cream milk contains typically 3.4% fat, low-fat milk typically 2% fat and fat-free milk typically less than 0.5% fat.



How much dairy?

3 servings of dairy per day is recommended. Here's a list of serving sizes providing 300mg calcium:

- Milk = 250ml
- Yoghurt/Maas = 200ml
- Cheddar or Gouda = 40g or 2 slices
- Mozzarella = 60g
- Cottage cheese = 270g
- Feta = 75g or 1 wheel

How to include 3-A-DAY™ dairy in your daily diet

- Swop cold drinks for milk, flavoured milk or drinking yoghurt
- Low-fat cheese and yoghurt make good snack options
- Top cereal with milk or yoghurt
- Prepare sauces with milk, plain yoghurt or buttermilk
- Stir smooth cottage cheese, plain yoghurt or maas into soups
- Add cottage or feta cheese to salads
- Enjoy a cheese platter with fresh fruit
- Drink a glass of warm milk before going to bed to help you sleep well



Include 3-A-DAY™ dairy as part of enjoying a variety of foods. Visit www.dairy.co.za for more information

Brought to you by The Consumer Education Initiative of Milk SA

If it is about nutrition, ask your dietitian!



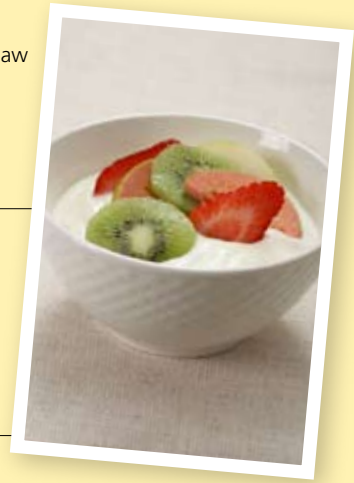
Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. When considering dietitians, your first thought may be they can help you achieve weight loss, but that is not all. Nutrition is an important part of a healthy lifestyle for everyone. Dietitians help individuals and families achieve improved eating plans for promoting health, or adapt eating plans to treat and manage medical conditions.

- Women who are pregnant or just planning to conceive, learn from dietitians how to ensure they get the nutrients essential for pregnancy from the food they eat. These nutrients are important from the very early stages of pregnancy, when the baby's critical organs are developing.
- Families who are worried that their children (and teenagers) have issues with food and eating can address their concerns by consulting a registered dietitian.
- Sportsmen and sportswomen who want to improve their performance on the field can get assistance from a registered dietitian to plan their food intake so it meets the demands of their sport.
- People with diabetes, heart disease or high blood pressure can be guided on tasty and affordable food choices and meal planning to safely adapt their eating plans.

When you consult a registered dietitian, you protect yourself from misleading treatments and misinformation. You will receive trusted, timely and practical nutrition advice. The Association for Dietetics in South Africa is the professional association for registered dietitians. *To find contact details of a registered dietitian near you, visit www.adsa.org.za.*

Ideas for planning variety-filled meals for kids

Children learn by watching and copying you, so set a good example. Share meals as often as possible and eat the same healthy dishes as you offer your children.



Breakfast

- Wholewheat breakfast cereal or porridge with milk and half a small pawpaw
- Boiled or scrambled egg on toast with a small glass of orange juice
- Smoothie: blend low-fat vanilla yoghurt with 2 fruits and milk
- Baked beans on toast with a small banana
- Peanut butter and toast with a glass of milk

Snacks – morning and afternoon

- A small tub of yoghurt or a drinking yoghurt
- A glass or carton of flavoured milk or maas
- A few pieces of dried fruit or a fresh fruit
- Nuts or peanuts and raisins
- Bread with peanut butter or cheese wedges

Light meals / lunch boxes

- A wholewheat roll with peanut butter and sliced banana, or chicken mayonnaise, or ham and cheese with baby carrots and an apple
- A brown-bread sandwich cut into quarters with egg mayonnaise and shredded lettuce, or meatballs and tomato sauce and bite-sized vegetables
- Cold pasta salad with tuna, sweetcorn and mayonnaise with a banana
- Cheese wrapped in ham with a savoury cheese or bran muffin and a peeled orange
- Cream cheese, ham and chopped gherkin or cucumber on wholegrain biscuits

Main meal

- Pilchard fish cakes with mashed potato and a carrot and pineapple salad
- Beef and vegetable stew with maize meal porridge (pap) and a tomato, onion and carrot gravy
- Tuna pasta bake with vegetable strips
- Chicken pieces or a kebab with rice, and broccoli and cauliflower with cheese sauce
- Spaghetti bolognaise with mixed vegetables or a green salad

- **Enjoy a variety of foods**
- **Always have clean, safe water for your child to drink when thirsty**
- **Encourage your child to be active every day**
- **Useful info: Pick n Pay Health Hotline 0800 11 22 88 healthhotline@pnp.co.za or visit www.pnp.co.za**

Dotty smoothie

A quick, nutritious snack – makes 4 glasses

- 2 cups (500ml) strawberries
- 2 cups (500ml) low-fat yoghurt
- ½ cup (125ml) milk
- 2 cups (500ml) ice cubes
- 3 tbsp (45ml) honey
- Hundreds and thousands



1. Blitz strawberries, yoghurt, milk and ice together in a blender.
2. Brush honey on inside of glass rims and coat with hundreds and thousands.
3. Pour mixture into glasses and serve immediately.

Cook's notes

- Use any berries. If necessary, sweeten with a little sugar or honey.
- Add a handful of muesli for a nutritious breakfast drink.
- Try a banana and chocolate smoothie: use ripe bananas and a spoonful or two of chocolate milk powder instead of strawberries.

Nutritional information per serving: 848 kJ, 7g protein, 3g total fat, 35g carbohydrates, 1.4g total fibre

Courtesy of *Fresh Living* magazine

Word search

Remember to eat at least 5 veg and fruit, and 3 dairy products every day. See if you can find some of those in the words below. Words can run left to right, top to bottom or diagonally top to bottom:

b	f	y	i	c	h	a	b	i	r	z	a	q	c	e	x	s	w	c	a	a
g	t	n	t	a	y	m	j	u	y	e	a	t	h	h	b	v	f	r	n	e
d	m	b	q	b	s	c	w	d	m	a	a	b	s	e	e	t	i	o	g	i
v	e	f	b	b	t	f	c	p	l	m	o	k	n	v	j	e	n	l	e	h
e	i	y	b	a	r	w	a	h	f	a	m	b	z	i	o	u	s	t	e	o
g	3	z	3	g	i	s	p	i	n	a	c	h	s	t	l	n	i	e	d	r
e	p	a	a	e	b	r	a	3	a	s	u	g	c	a	i	b	v	w	n	a
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e	d	r	u	e	s	a	t	5	q	v	a	a	m	a	u	a	n	t	n	a
t	a	o	i	n	b	l	e	a	c	d	k	k	o	m	r	p	e	o	t	b
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a	o	o	3	f	f	a	o	r	a	e	m	i	n	u	l	t	6	o	e	m
t	f	n	r	r	i	d	a	7	n	y	2	g	t	o	m	c	i	b	n	h
m	e	e	w	u	a	d	r	e	a	h	o	p	i	d	s	e	i	a	y	d
h	o	s	t	i	r	c	a	p	n	h	i	c	3	b	m	e	m	u	o	4
h	e	a	l	t	h	y	n	h	a	y	8	p	e	a	r	y	b	r	m	e

WORDS dairy, milk, cheese, pear, banana, vitamins, teeth, tomato, yoghurt, 3aday, 5aday, orange, fruit, maas, healthy, apple, cabbage, vegetable, spinach, calcium, strongbones



Activities



5-a-Day™ & 3-A-DAY™ Servings chart

SERVINGS	MON	TUES	WED	THURS	FRI	SAT	SUN
5-a-Day™							
ONE							
TWO							
THREE							
FOUR							
FIVE							
3-A-DAY™							
ONE							
TWO							
THREE							

This chart will help make 5-a-Day™ vegetables and fruit and 3-A-DAY™ dairy fun for kids. Mark the box with a star, sticker or a tick with each serving of veg, fruit and dairy consumed by your child. Do this daily and see how quickly they get into the healthy habit of 5-a-Day™ and 3-A-DAY™.