

Endurance Coach

Nutrition Newsletter

"Healthy eating for your children"

Kids need heaps of energy. Whether they're at school, running around the back garden on the weekend or just mucking around at the beach, they need the right fuel in their bodies. That way they'll get the most out of every day. So here are a few healthy ways you can keep the kids full of energy and nutrients, and full of beans.

Heres some helpful tips for the family:

1. Fuel them with a good breakfast

Breakfast is an essential meal in your child's day. Try to encourage them to eat a nourishing breakfast that can be quickly and simply prepared (for example cereal with milk, wholemeal toast, and fruit or fruit juice). It will help provide nutrients including iron and energy. If they're full from breakfast, it will help prevent them from wanting to snack on fatty foods throughout the day.

2. Provide healthy snacks

Most kids need snacks between meals so it's a good idea to have a store of nutritious choices available. Try sandwiches, crackers and crispbread, vegetable sticks (stored in the fridge), fresh fruit, yoghurt, cereals with milk, and popcorn.

3. Carbohydrates for energy

Carbohydrates are required to help with concentration and for those bursts of playtime energy. They are the body's key source of energy. Breads, cereals, pasta and rice are high in carbohydrates.

4. Hydration

Kids need plenty of fluid to keep their bodies in good working order. They need it even more when they are hot or active. Kids need 1-1.5 litres of water per day (about 6-8 glasses). They often get so busy; they forget they're thirsty! So remind them to have a good drink.

5. Iron rich diets

Iron is necessary to assist in brain function and development. What's more, when they don't have enough iron, it can lead to fatigue and irritability. This means that without iron, kids aren't going to perform at their peak during the day. Vitamin C helps with the uptake of iron, so give the kids a glass of orange juice with breakfast to help them absorb the iron.

6. Vitamins

Why? Because B vitamins are used to help release the energy from the foods we eat, and are necessary for growth.

Children and Sugar intake

Sugar is 'hidden' in lots of foods where you might not expect to find it - such as many savoury biscuits, salad dressings, canned and packet soups, tomato sauce, baked beans, canned vegetables, breakfast cereals, yoghurt and fruit juices. It is also found in obvious food sources like many soft drinks, cordials, jams, chocolates, ice-creams, cakes, pastries and confectionery.

It is important to read the ingredient labels on processed and packaged foods for sugar ingredients and quantities. Other ingredient names for sugar include: sucrose; glucose; lactose; fructose; sorbitol; mannitol; corn syrup; honey; malt; malt extract; maltose; rice extract; molasses; golden syrup; and invert sugar. If sugar or a sugary ingredient is listed as one of the first three ingredients, it is likely that the product is high in sugar.

How to Cut Down on Sugar

- Try to reduce the amount of sugary beverages you give to your child
- Top breakfast cereals with fruit instead of sugar & try and avoid high sugary brands
- Give your child a piece of fresh fruit for a snack or dessert, instead of a biscuit or a sweet. Save sugary treats for special occasions
- Choose fruit juices with no 'added sugar'
- Reduce the amount of sugar in foods you prepare at home. Experiment with spices such as cinnamon, cardamon, coriander and nutmeg to enhance the flavour of foods
- Check the ingredient lists on food packaging for sugar - remember it can be listed as a variety of names. Ingredients are listed in order, starting with those present in the greatest amounts

RECIPE OF THE MONTH.....

'Tuna, Tomato & Chilli Pasta'

Ingredients

400g Spiral pasta
4 large tomatoes, chopped
2 cups rocket leaves
1 large can lite tuna
Juice and zest of 1 lemon
2 tsp chilli flakes
Salt & pepper

Method

1. Boil pasta in 2 cups of boiling water for 10-12 minutes till tender. Drain
2. Combine tomatoes, rocket leaves, tuna, lemon juice and chilli in a large bowl. Add drained pasta and stir well.