



Kids Food Ideas KIDS NUTRITION

A child's health is naturally a major concern to all parents; it is our job to create a healthy atmosphere for our children to grow up as healthy, happy individuals.

Proper nutrition plays a large part in creating healthy happy children.

Trying to entice our children with healthful food choices can be a tricky affair today due to likes/dislikes, food allergies, intolerances and nutritional deficiencies, add to this the bombardment of unhealthy foods that are available and the heavy marketing our children are surrounded by it can be a challenging task, but the old saying "we are what we eat" still rings true today and proof can be seen in a lot of Australian homes and families. With good food ideas we can nourish our children now so they experience healthy childhoods, leading them into healthy adult lifestyles.

Breakfast Ideas

- Porridge with honey or maple syrup
- Fruit salad with yogurt & 2 tsp of LSA*
- Strawberry smoothie with flaxseed oil (1 tbs)
- Rice flakes with psyllium chopped banana & warm milk
- Carrot and apple juice, hard boiled egg.
- Boiled egg with whole wheat toast soldiers Yum!
- Whole wheat toast with avocado and vegemite
- Stewed fruits
- ☺ Try using free range eggs and organic cereals and fruits when possible.
- ☺ Get the kids in the kitchen they love being hands on and are more likely to enjoy their food if they enjoyed preparing it.

Mid Morning/Afternoon

- Vegetable sticks with dip and crackers (Vege sticks ideas carrots, celery, beans, snow peas , broccoli and cauliflower florets ,cucumber, capsicum etc)
- Hummus on rice crackers
- Rice crackers with peanut butter / ABC spread
- Cut up fruit or dried fruit trail mix
- Yogurt with LSA canned apricots
- Healthy baked slice with dates and whole meal flour
- Salmon or tuna on toast



- Salmon or tuna patties with salad or veggies
- Fried rice (using brown rice low salt tamari and veggies)
- ABC spread on whole meal roll
- Salad rolls or sandwiches with eggs, cheese, meats (ps: presentation is the key display brightly)
- Thick vegetable soups or chicken noodle soups with healthy breads

Dinner

- Minestrone soup with beans and pasta
- Spaghetti bolognese with garlic and rice pasta
- Pumpkin soup with grated carrot and ginger

Soy nuggets or fish with home made oven baked chips or wedges and salad

Fish burgers using home made salmon patties

- Lasagne with lots of garlic, onions, spinach, mushrooms and rice pasta

Desserts

- Apple crumble - (go light on the sugar) with yoghurt
- Rice pudding with brown rice and apple juice concentrate instead of sugar
- Fruit salad or stewed fruit/yogurt
- Stewed fruit /LSA and yoghurt
- Chocolate dipped frozen bananas and strawberries
- Make homemade icy cream sticks in moulds using yoghurt and yummy fruits such as berries and passion fruit guaranteed the whole family will love
- Carob coated muesli slices

