



# NUTRITION TIPS

## Avocado Pear

The avocado pear contains more nutrients than any other fruit. It is especially high in protein, fibre, some B-vitamins, zinc and potassium. It also contains calorie rich unsaturated fatty acids, a reason why it is especially good for growing children.

Avocado pears ripen after picking, so you should buy them when they are still green. Store them at room temperature for about four days until they are soft enough to dent on squeezing. For easy eating, you can cut the fruit into two halves, then scoop out the flesh and mash before serving to your children.

## Apples

Apples are highly nutritious and when eaten whole will supply the body with important nutrients like folic acid, vitamin C, iron and zinc. They are also rich in soluble fibre and thus promote a healthy digestive process. Eating apples regularly will give your child's gum a healthy massage and clean his or her teeth.

Apples should be firm and blemish-free. They keep best and longest when refrigerated. It is important that you wash them thoroughly before eating or cutting because the skin might contain bacterial contaminants. You can add chopped apples to your salad, as this will give the salad a better taste. Put an apple in your child's lunch pack everyday but ensure that he does not eat the seeds.

## Watermelon

Watermelon contains about 95% water and is always delicious whether it is eaten sliced or cut into fruit salad. It contains no fat but is rich in minerals like potassium, which helps to keep children's bodies hydrated while maintaining healthy muscular and nervous systems. It is also rich in vitamin A, which ensures proper night vision, boosts immunity and also promotes children's healthy growth. When buying watermelons, you should choose the ones that are heavy and free from mold and bruises. You can keep the fruit for up to two weeks at room temperature but you must wash it with soap and water before

cutting. Once cut, you can combine it with other fruits and vegetables and serve as an appetizer, a dessert or a cold afternoon snack that your children will love.

## Pawpaw

Fondly called the "fruit of the angels" pawpaw is a rich source of nutrients and fibre. It also contains vitamins A, E, and C, three powerful antioxidants that children's bodies need, to stay healthy. It is also good for preventing sicknesses like recurrent ear infections, colds and flu in children. The unripe fruit is used to treat stomach disorder, because it is especially rich in the enzyme, papain.

When buying pawpaw, you should choose those that are free from black spots and blemish on the skin. You can store the ripe ones in the fridge for about a week. To prepare it for serving, simply cut the fruit into two halves and remove the seeds. You can then gently cut off the skin with a knife. Your children will love it whether you serve it plain or added to fruit or vegetable salads.

### \* For more information on child nutrition

Visit the Olu Akinkugbe Foundation  
Child Nutrition Centre

at

Friesland Foods WAMCO Nigeria PLC,  
Plot 7b Acme Road, Ogba, Lagos.

#### Visiting Hours:

10.00 am - 12 noon and 2.00 pm - 3.30 pm.  
(Mondays - Fridays)

E-mail: [childnutritioncentre@frieslandfoods.com.ng](mailto:childnutritioncentre@frieslandfoods.com.ng)

Tel: +234-01-2715111

