



NUTRITION TIPS

The Health Benefits of Fruits In Children

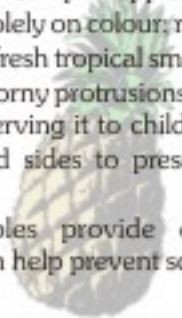
Children and adults everywhere love fruits, because eating them is both pleasurable and rewarding. A daily consumption of fruits is perhaps the cheapest and easiest way to give children their daily requirements of vitamins and minerals.

Pineapples

Ripe pineapples can be found everywhere in local markets when they are in season. Pineapples are a rich delicacy when they are diced and added to salads but are usually eaten fresh or taken as pineapple juice.

When buying a fresh pineapple, do not judge ripeness based solely on colour; ripe pineapples give off a sweet, fresh tropical smell. You should remove all the thorny protrusions on the flesh of the fruit when serving it to children and use a dish with curved sides to preserve the juice when slicing.

Eating pineapples provide children with Vitamin C, which help prevent scurvy and fight infections.



Bananas

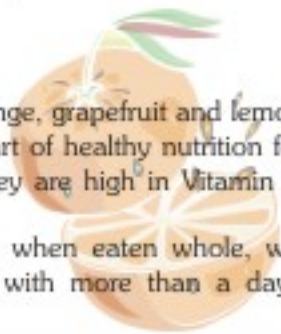
Bananas are unique fruits because, unlike other fruits, they grow on large plants that are really giant herbs. They are rich in important nutrients like carbohydrates, proteins, some vitamins, including vitamin C, and minerals. A single banana supplies more carbohydrates than any other piece of fruit and a meal of bananas can provide enough energy for a child to remain active for hours.

Bananas are often the first solid foods given to infants; they are sweet, easy to digest, and contain no fat. When freshly bought, they can be placed on the kitchen counter until they are ripe, thereafter they can be put in the refrigerator until ready to be eaten.

Citrus Fruits

Citrus fruits like orange, grapefruit and lemon are an important part of healthy nutrition for children because they are high in Vitamin C and fibre.

One orange a day, when eaten whole, will provide your child with more than a day's



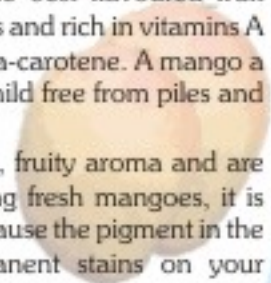
requirement of vitamin C. Oranges also contain important nutrients like calcium, magnesium, thiamine and sugars.

A freshly squeezed glass of grapefruit juice everyday will supply your child with all the vitamin C he needs to keep him happy and healthy. Grapefruit is also high in fibre and water and should be eaten whole after peeling to obtain all its nutrients.

Mangoes

Mangoes are arguably the best flavoured fruit around. They are delicious and rich in vitamins A and C, potassium and beta-carotene. A mango a day can help keep your child free from piles and constipation.

Ripe mangoes have a full, fruity aroma and are soft to touch. When eating fresh mangoes, it is wise to wear an apron because the pigment in the juice could cause permanent stains on your clothes. When you give your children mangoes to eat, you should have plenty of napkins on hand because eating this delicious fruit is usually a messy affair, especially for children.



* 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

Tel: +234-01-2715111

