



# NUTRITION TIPS

## Fats, Oil and Sweets. - An overview

Fats, Oils and Sweets contain nutrients which maintain body functions and help achieve healthy nutrition in children, but it is important to know fats are more heart-healthy.



Fatty acids help absorb fat-soluble vitamins A, D, E and K. It is also essential for growth, healthy skin, insulation of the nervous system, brain development building hormonal blocks and metabolism. Build-up of fatty plaque in the arteries starts in childhood so children need to drink whole milk like Peak 123 growing up milk which is specially formulated to give them needed nutrients during their growing years.

## Saturated/Trans Fats

Two types of fats responsible for high levels of cholesterol are saturated and trans fatty acids. In trying to prolong the shelf life products, food manufacturers produce trans fat by adding hydrogen to vegetable oils resulting in stiffer fats called hydrogenated fats which are toxic in the body. Since children eat foods that are available to them, parents should discourage excessive eating of fast foods, margarines, cakes, cookies and so on from the ages of 3 and 4 because a steady consumption of these foods could result in heart diseases. Instead more healthy foods like fruits, vegetables, beans and milk fish should be consumed regularly.



## Unsaturated Fats

Knowing which fats raise blood cholesterol level and which ones don't, is the first step in reducing our children's risk of heart ailment. Replacing saturated fats with unsaturated fats helps lower blood cholesterol level and most unsaturated fats come from plant sources.

Unsaturated fats can be either monounsaturated or polyunsaturated. Foods high in monounsaturated fats include avocados, olives and peanuts while fatty fish, vegetable oils such as sunflower and nuts are high in polyunsaturated fats. Although both polyunsaturated and monounsaturated fats may help lower blood cholesterol level, a moderate intake of all types of fats is best.

## Fish Oils: The Essential Nutrient

Fish Oils contain EPA (Eico sapentacnoic acid) and DHA (Docosalexanoic acid) which is the building block of the human brain tissue thus eating fish offer major health advantages particularly during pregnancy and lactation.

This is very important as low level of DHA have recently been associated with memory loss and visual problems in children. Always remember that fish oils are good for the brain and children's immune system.



\* For more information on child nutrition

Visit the Olu Akinkugbe Foundation  
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