



NUTRITION TIPS

Protein Group - Nuts

What are Nuts?

Nuts are seeds that are encased in hard outer shells. They grow on flowering upright trees or shrubs. Nuts offer an abundance of nutritional benefits and can be part of a healthy diet.



While animal fats could be unhealthy, healthy fats, as found in nuts are good for children. Nuts contain a mono or poly unsaturated fats which has a beneficial effect on health. They can help to lower cholesterol when combined with other healthy diets. According to experts, nuts could also prevent diabetes.

Nuts are abound, cashew, almonds, walnuts, groundnuts and many more. Find out which variety your children will fall in love with. Walnut for instance, is high in omega 3 fatty acid that is protective to the heart and blood circulation so, why not introduce nuts in your children's breakfast cereals?

Nutritional Benefits

Nuts are a suitable substitute for animal protein when combined with grains and vegetables. They are a good source of dietary fibre, magnesium, copper, folic acid, vegetable protein,



pottasium and vitamin E, all of which have been shown to be very important for a healthy heart. Nuts help children to maintain a healthy weight. Give your child variety of nuts quite often for optional health, nuts like almond cashew and peanuts. Nuts are one of the few foods rich in vitamin E and a heart-healthy antioxidant. To enhance the flavours of raw nuts, roast them. Nuts should be stored in a cool dry place, as they can go rancid very quickly.

Nuts - Cashews

Cashew nuts are the kidney shaped seeds at the bottom of cashews found mostly in the Northern part of the country. Cashew nuts, have a lower fat content than most other nuts, about 75% unsaturated fatty acids, which contain oleic acid, a heart-healthy mono saturated fat also found in olive oil. Cashew nuts are a good source of vitamins and minerals such as magnesium, copper, phosphorus and iron. Topping your child's breakfast with some cashew nuts will supply an adequate portion of daily copper need. Copper helps enzymes in iron utilization while magnesium is vital for the bones. It also regulates nerve and muscle tone through balancing the amount of calcium in the body. Lack of it thus contributes to muscle spasms, migraine headache and fatigue. When buying cashew nuts, make sure the packs are properly sealed to ensure freshness.



Nuts - Groundnuts

Groundnuts are not true nuts, but a member of the family of legumes. They grow in a fascinating manner. They start out as an above ground flower but eventually burrows underground, where the nut actually matures. Their nutritional properties are similar to that of real nuts, so they are commonly referred to as nuts. Groundnuts are a great source of concentrated protein, and also packed with vitamins especially niacin, vitamin E&B, folate, minerals and disease fighting phytochemicals. These vitamins help to maintain healthy skin and hair, as well as strong muscle tone. The pottasium in groundnuts help to regulate body water level and normal food metabolism which prevents cramps during physical exercise. Groundnuts can be processed into a variety of form e.g butter, oil and flakes otherwise known as kuli-kuli. Roasting groundnuts makes digestion easier and offers more protection against rots.



* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
Child Nutrition Centre

at
Friesland Foods WAMCO Nigeria PLC.
Plot 7b Arme 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

