



NUTRITION TIPS

Protein Group:

Tropical Almond Nuts

Almonds are nutritionally an excellent source of Vitamin E and Magnesium as well as a good source of protein, calcium and fibre. They help lower blood cholesterol levels and help children

maintain strong bones and teeth. It is delicious when eaten as a nutritious snack.



Walnuts

The black shell walnut is the most consumed in this part of the world. It contains significant amounts of many essential vitamins and minerals such as Vitamins B6, Thiamin, folic acid, phosphorus etc and omegas-3 which help the brain cells function properly. It is good for dieting because it does not cause weight gain. Also it contains regulating substance for natural good night sleep.



Coconuts

The coconut palm is common in tropical regions all over the world. Apart from being highly nutritious and rich in fibre, vitamins, minerals etc, it is also classified as a "functional food" because it provides many health benefits beyond its nutritional content.

Eaten as part of a natural diet, it can provide active children up to one-sixth of this daily calories.



Palm Nuts

Palm nuts are the fruit of the palm tree mostly found in the tropical forests of the world. They are a good source of vitamin E which help reduce LDC cholesterol and rev up the immune system. Also, they contain high concentrations of beta and alpha-carotene. Their pulp and oil give a distinctive colour and taste to many African soups and stews while the nuts can be cracked with the nut crackers and the kernels eaten by children as snacks



* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
Child Nutrition Centre

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

Visiting Hours:
10:00 am - 12 noon and 2:00 pm - 3:30 pm.
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