



NUTRITION TIPS

Adequate & Variety Diet for Children: Be A Role Model

Many of us have unhealthy eating habits but remember you are your child's role model. So eating junk food, while offering your child vegetable, just won't work. They desire to eat whatever it is that you are eating, because this is an important part of child's development. So when your child begins to want food from your plate, let it be wholesome foods plus fresh fruits and vegetables. When he or she wants to taste what you are drinking, let it be something you would be happy for your child to drink e.g. water and drink.

Don't miss out on the power of imitation to make healthy eating habits natural for your child. Remember that when you give children good nourishment, you are giving them nutrient building blocks that literally become the bones that support their growing bodies.



Adequate & Variety Diet for Children

A child's journey towards a healthy diet of table food that provides adequate nutrition takes place in numerous stages just like learning to walk.

There are several developmental signs to indicate that an infant is ready to eat solid foods, such as good control of the head and neck, can sit up with some support, can show

contentment by turning the head away or by not opening the mouth.

Start solid feedings with iron fortified baby cereal mixed with breast milk to a thin consistency. You can mix it to a thicker consistency as the baby learns to control it in his mouth.



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Once you start to gradually introduce your baby to new foods, increase steadily the variety. This is important because it will lay the foundation for a life time of good nutrition. When introducing fruit juices, give natural unsweetened vitamin C enriched juices such as apple grape and orange.

Some nutritionists recommend that the introduction of a few vegetables before fruits, as the fruit sweetness, may make a less - sweet food such as vegetable less appealing soft cooked vegetables, washed and peeled fruits and noodles are good finger foods, which can be

offered in small amounts. Avoid foods that can choke baby. By the age of one, most children are ready for Peak 123 growing up milk.

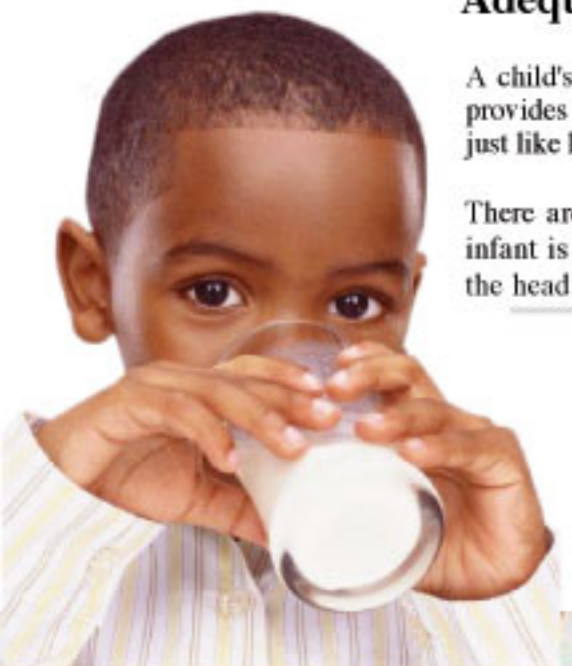


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It is a fact that toddlers do not grow as fast babies do, so their nutritional needs in the second year of life are not as much as babies require. Therefore, providing a variety of foods will help to ensure sufficient intake of needed vitamins and minerals.

Once a baby is one year old, breast milk is no longer adequate for his nutritional needs. One year old children should get much of their nourishment from meats, fruits and vegetables, breads, grains and Peak 123 growing milk.

Peak 123 growing milk up is the only milk specifically formulated to take care of your child's growing up needs from ages one to three. Therefore, think of ways of incorporating milk and other calcium rich foods into your child's meals and snacks - at least a glass of Peak milk per meal every day to build strong bones and ensure future health.



* 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