



# NUTRITION TIPS

## Family Nutrition - Junk Food Vs Healthy Food

With more women working full time, even health-conscious parents are finding it easy to tolerate less than desirable eating habits. A lot of parents don't want to struggle with the issues so they give up, letting their children make their own choices. But we all know that the judgement of children is less mature and they still depend on parents to guide them to make healthy choices. It is best to start training children about healthy eating habits as soon as they can talk because they are most influenced by their families during the preschool years. Take them shopping and let them choose some fruits and vegetables as well as the occasional treats.

If children are properly prepared, they are more likely to make healthy food choices



once they enter school.

### Family Nutrition - Change the unhealthy food Habit.

Have you thought about changing the diet of children who have already fallen into the junk food Habit. It is important to know that once children reach the ages of between 10 and 12, it is very difficult to change their habits or coerce them into eating healthier foods. Even children who have developed a taste of nutritious food



may change when they reach teenage years.

The problem with getting children to get healthy foods is that they are not as readily available as a bar of chocolate. Children don't have a motivation to

make a fruit salad when they want a snack, but they will grab it out of the refrigerator when it is already made for them. There should always be prepared fruits and vegetables in the refrigerator. Cut watermelons and mix them with pineapples in a storage bowl. Wash handy fruits apples and leave some out in a basket on the kitchen table.

### Family Nutrition - Eating Fresh Foods.

Have you ever gotten out early in the morning into your garden to feel the freshness of the morning dew? And if you are lucky to pluck a mango from the tree and enjoy it, you will begin to understand how our forefathers lived in harmony with nature. Eating more of fresh produce from the fruits and vegetable group as a staple rather than cooked food keeps our body vibrantly healthy. When cooking vegetables, use shorter cooking times, steam and microwave instead of boiling. Rely on fresh produce, which has more nutrients than processed or canned varieties. Parents can strengthen their children immune systems by encouraging them to consume an abundance of uncooked fresh produce at each meal. If you must cook, heat your vegetables conservatively because lower heat for a short duration is better.

### Family Nutrition - Fresh Foods & Digestive Enzymes

Enzymes are needed for the digestive system to work properly and they are abundant in fresh foods. Fresh vegetables and fresh fruits are necessary to break down food particles so that they can be utilized for energy. Lack or depletion of digestive enzymes could result in bloating, belching, gas, bowel disorders, abdominal cramps, heartburn and food allergies. The enzymes in fresh foods can be destroyed by excessive heating since most fresh foods, like our bodies are very perishable. Once enzymes in fresh foods are exposed to heat, they are no longer able to provide the function for which they were designed.



► *For more information on child nutrition*

Visit the Olu Akinkugbe  
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#### Visiting Hours:

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