

The Right Stuff

Have you ever wondered if you are feeding your children the “right stuff”? Feeding our children can be challenging at any age, but starting them out on a healthy diet will ensure less mealtime woes as they grow. Supplementing your child’s diet with “Superfoods” will provide them with the essential nutrients for healthy growth and development. The top 10 Superfoods for children consist of all whole foods that have not been refined or processed and are as close to nature as possible.

Top 10 Superfoods

1. **Avocados** are a source of monounsaturated fat or the “good fat”, an essential part of growth and development.
2. **Beans** are an excellent source of fiber, protein and iron which is a common deficiency in children.
3. **Blueberries** are loaded with antioxidants to help to neutralize harmful byproducts called free radicals that can lead to cancer and other diseases.
4. **Broccoli** is full of Vitamin C and disease fighting chemicals. By introducing it at the early stage of feeding, your child will readily accept it.
5. **Nut butters** don’t contain the sugar and Trans fatty acids that Peanut butter does making them a healthy alternative.
6. **Omega-3 eggs** are a great source of protein and “good fat” and contain 6 times more omega-3 than regular eggs.
7. **Organic Chicken** is free from harmful additives, hormones and medications and is a substantial source of protein.
8. **Sweet potatoes** are root veggies that are filled with beta carotene, Vitamin E, Vitamin B6, Potassium and Iron.
9. **Whole grain bread** sustains and balances blood sugar levels unlike its counter parts white and refined whole wheat bread which causes major blood sugar fluctuations.
10. **Yoghurt** contains 13g of protein and 447g of calcium in just 1 cup.

By eating these foods on a regular basis, your children will have a strong foundation for health and wellness.