

Adding Super Foods to Your Child's Daily Diet



In today's world, getting your child to eat healthy foods can often be a very challenging venture. The quality and quantity of nutrients we are feeding our children often falls very low on the priority list.

Super foods are whole foods that have not been refined, processed or preserved and are very close to their original source. These foods provide a child's body with essential fats, vitamins, minerals, lean proteins and iron. Supplementing your child's diet with super foods is a way of providing them with the essential nutrients necessary for healthy growth and development.

Here are a few examples:

- Whole grain bread** Whole grain breads break down into glucose - the main source of fuel your child needs to maintain energy.
- Blueberries** High in antioxidants level, blueberries are a wonderful way for children to get a sweet fix without the addition of refined sugars.
- Yogurt** One of the best sources of protein and calcium for your child.
- Sweet potatoes** Loaded with beta carotene, vitamin E, vitamin B6, potassium and iron.



Serving **Healthy** and **Delicious** Food Children Eat!

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- Beans** Filled with fibre and protein, and is an excellent source of iron.
- Broccoli** Loaded with disease-fighting chemicals and vitamin C.
- Eggs** Eggs offer a wonderful source of protein and essential fats, Omega-3 fats have been shown to improve skin, allergies, brain function and mood in children.



Here is a quick reference color guide to the super fruit and vegetables:

White:

Eat cauliflower more often than potatoes, onions and mushrooms.

Green:

Eat more dark leafy greens, such as red leaf lettuce and kale; and spinach, broccoli and brussels sprouts rather than iceberg lettuce and green beans.

Yellow/Orange:

Eat more carrots, sweet potatoes, cantaloupe, oranges and grapefruit, instead of sweet corn or bananas.

Red:

Choose tomatoes, red peppers and strawberries instead of apples.

The best bet is to eat a wide variety of fruits and vegetables. Remember that each offers a different mix of vitamins and minerals to help fight off illness and make your body healthy and strong.

