



**This Volume Contains:**

- Nutritional guidelines for children (0-12yrs).**
- Calorie content of common Nigerian foods**
- Danger foods for children & Healthy alternatives.**
- Dealing with picky eaters.**
- Top 6 Vitamins & Minerals for Children.**
- Sample 7day meal plan for Children.**

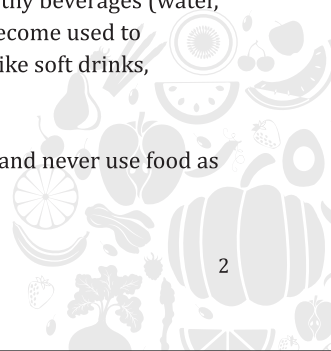
## BALANCED NUTRITION, HEALTH AND HAPPINESS

The topic of nutrition and healthy eating is a very important one especially in the Nigeria of today. Most mothers are too busy to prepare decent meals for their children due to the hectic work schedules they have. Most mothers have resorted to quick fixes to help solve the problem of meal preparation. Its either noodles, packed juices, snacks, treats and desserts that their children are loaded with. These meals are not only heavily loaded with calories, they are usually very nutrient deficient. Hence, though the children are seemingly well fed, they actually suffer from what is called micronutrient malnutrition.

Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods. While peer pressure and TV commercials for junk food can make getting kids to eat well seem impossible, there are steps parents can take to instill healthy eating habits without turning mealtimes into a battle zone. By encouraging healthy eating habits now, you can make a huge impact on your children's lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults.

### Top tips to promote healthy childhood eating

- **Focus on overall diet rather than specific foods.** To promote a lifelong healthy relationship with food, kids should be eating whole, minimally processed, nutritious food—food that is as close to its natural form as possible.
- **Cook more meals at home.** Eating home cooked meals is healthier for the whole family. It sets a great example for kids about the importance of food and can bring a family together—even moody teenagers love to eat tasty, home-cooked meals! Restaurant and takeout meals tend to have a lot more unhealthy fat, sugar, and salt so cooking at home can have a huge impact on your kids' health. While this looks like a luxury for most Nigerian mothers, it is actually an essential investment into the future of your precious children.
- **Get kids involved.** Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods.
- **Make a variety of healthy snacks available instead of empty calorie snacks.** Keep plenty of fruit, vegetables, whole grain snacks, and healthy beverages (water, milk, pure. fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soft drinks, biscuits, sweets, or cookies.
- **Limit portion sizes.** Don't insist your child cleans the plate, and never use food as a reward or bribe.



## Nutritional needs of toddlers and young children (aged 0-4years)

- An important part of a toddler's diet is calcium (they need about 500 mg/day), and the best source of this nutrient is whole milk. If your kids are lactose intolerant or don't like dairy, incorporate calcium-rich foods like fortified soy products, cereals, and orange juice into their diet.
- Toddlers need 7mg a day to prevent iron deficiency, which can affect growth, learning, and behavior. In infancy, breast-milk has a readily absorbed type of iron, and baby formula and food is usually iron-fortified, so babies don't need to worry about getting enough iron. After switching to "real" food, it's important to ensure that your child is eating good sources of iron like fortified cereals, red meat (like soft meatballs), or eggs.

## Nutrition guidelines for school-age kids (aged 5-12 years)

- As children develop, they require the same healthy foods adults eat, along with more vitamins and minerals to support growing bodies. This means whole grains (whole wheat, oats, barley, rice, millet); a wide variety of fresh fruits and vegetables.
- Calcium for growing bones (milk, yogurt, or substitutes if lactose intolerant); and healthy proteins (fish, eggs, poultry, beef, pork, cheese, nuts).
- Healthy fats are also important. They help to fill kids up, improve concentration, and prevent emotional health problems. Healthy fats for kids are:
  - ✦ **Monounsaturated fats**, from olive oil, avocados, nuts .
  - ✦ **Polyunsaturated fats**, including Omega-3 fatty acids, found in fatty fish, such as salmon, herring, mackerel, and sardines, or walnuts.
  - ✦ **Healthy saturated fats**. While many health organizations maintain that eating saturated fat from any source poses a health risk, other nutrition experts believe that saturated fat from whole milk dairy, fish, poultry, and meat is healthy for both kids and adults (as opposed to unhealthy saturated fats from fried food, pizza, and processed meat products such as bacon, sausage and hot dogs). In fact, research shows that eating whole-milk dairy products is linked to less body fat and lower levels of obesity.

## Kids, like the rest of us, should limit:

- **Trans fats**, found in some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with "partially hydrogenated" vegetable oils, even if they claim to be trans fat-free.





# EXCITING FLAVOURS

...doesnt even taste like medicine



## Nutrition guidelines for school-age kids (aged 5-12 years)

- This is growth spurt time: kids gain about 20% of adult height and 50% of adult weight during adolescence. Because growth and change is so rapid during this period, the requirements for all nutrients increase. This is especially true of calcium and iron.
- Eating habits, however, are pretty well set by now, and if your child's choices are less than ideal, it can be a challenging time for a course correction. The best way to make teen dietary changes is to present information about short-term consequences of a poor diet: appearance, athletic ability, energy, and enjoyment of life. These are more important to most teens than long-term health. For example, "Calcium will help you grow taller." "Iron will help you do better on tests and stay up later."



## Calorie needs for children of different ages Depending on age, size, and activity level, your child needs:

	<b>Ages 2 to 3: Daily guidelines for girls and boys</b>
<b>Calories</b>	1,000-1,400, depending on growth and activity level
	<b>Ages 4 to 8: Daily guidelines for girls</b>
<b>Calories</b>	1,200-1,800, depending on growth and activity level
	<b>Ages 4 to 8: Daily guidelines for boys</b>
<b>Calories</b>	1,200-2,000, depending on growth and activity level
	<b>Ages 9 to 13: Daily guidelines for girls</b>
<b>Calories</b>	1,400-2,200, depending on growth and activity level
	<b>Ages 9 to 13: Daily guidelines for boys</b>
<b>Calories</b>	1,600-2,600, depending on growth and activity level
	<b>Ages 14 to 18: Daily guidelines for girls</b>
<b>Calories</b>	1,800-2,400, depending on growth and activity level
	<b>Ages 14 to 18: Daily guidelines for boys</b>
<b>Calories</b>	2,000-3,200, depending on growth and activity level

## DANGER FOODS



### **Noodles**

1 pack of noodles (70g small size) contains 300kcal. also note that the amount of sodium in 1 pack of noodles 1140mg meanwhile WHO recommends an average 2g per day for an adult and less for children. Please note that sodium occurs naturally in most foods apart from table salt. Increased sodium intake is dangerous to our health

### **Soft drinks, packed juices and ice cream.**

A 60cl bottle of soft drink contains between 230-350kcal depending on whether it is cola, orange or lemon. These are drinks that are very high in calories but very low or empty in nutrients. The same applies to packed fruit juices. Whether apple, pineapple or orange, they contain an equivalent amount of calories with soft drinks. So they are not necessarily safer.  $\frac{3}{4}$  evaporated milk cup of any flavor of ice cream contains at least 150kcal.

### **Snacks and fast food**

These are particularly dangerous for our children. Not only because they are highly processed but also because of the heavy transfat content of the meals. They are very high in calorie content but very low in nutrient value. Most single snack servings contain a minimum of 150Kcal and as you know our children eat more than snack at a time plus a drink. So significantly limit consumption of meat pies, doughnuts, burgers, sharwama, pizza etc.

### **Packaged Potato Chips, pretzels and nuts**

Apart from being processed and fried, some of these foods also heavily salted. The combination of these features makes them very dangerous to the health of our children. The salted nuts also have a high sodium content which could be dangerous to the health of children. Packaged foods generally should be avoided because they are usually loaded with preservatives which may be dangerous to our health. In short things to avoid include Canned foods, packaged snacks, carbonated drinks, processed flour, deep fried foods etc

While some of these danger foods may have the same calorie content as some safe foods, the difference is that the safer homemade meals contain nutrients that are not found in the processed foods

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## Paracetamol



## AVERAGE CALORIE CONTENT OF COMMONLY AVAILABLE FOODS IN NIGERIA



**Please note that to get the best results you would require a digital kitchen scale and an empty evaporated milk tin for measurement.**

1 slice of bread (wheat or white) = 63-73kcal

1 egg = 60-75kcal

1 cube of sugar (5g)=20kcal

1 teaspoon of vegetable oil = 45kcal

1 evaporated milk cup measure of Cornflakes + 1table spoon skimmed milk=63-73kcal

¾ evaporated Milk cup measure of cooked Quaker Oats (without added sugar)= 63-73kcal

1 ½ evaporated milk cup measure of cooked Corn Pap (moderate thickness) = 63-73kcal

½ evaporated Milk cup measure of cooked Rice = 63-73kcal

Corn on cob (15cm) = 63-73kcal

½ evaporated Milk cup measure of plain boiled beans = 63-73kcal

⅓ Evaporated milk cup measure of Baked Beans = 63-73kcal

10 small to medium sized strands of French-Fried Potatoes= 110kcal

2 pieces of Pancakes (4" diameter) = 110kcal

\*90g of Moi-moi = 115-200kcal depending on how much oil is used

\*60g of Akara = 115-200kcal depending on how much oil is used

\*½ evaporated Milk cup measure of Bean Pottage prepared with onions, fresh tomatoes, crayfish and Palm oil = 115-200kcal depending on how much oil is used.

\* 62g of Yam Pottage prepared with onions, fresh tomatoes, crayfish and Palm oil = 115-200kcal depending on how much oil is used.

**Each of the under listed Processed and Cooked Starchy Staples contain about 82-90kcal**

Eba <b>90g</b>	FreshGarri <b>23g</b>	SoftPoundedYam <b>112g</b>
Amala(fromyamflour) <b>92g</b>	BoiledCocoyam <b>53g</b>	RoastedCocoyam <b>27g</b>
BoiledSweetPotato <b>59g</b>	RoastedPotato <b>43g</b>	BoiledIrishPotato <b>135g</b>
BoiledPlantain <b>63g</b>	RoastedPlantain <b>48g</b>	BoiledYam <b>74g</b>
Agidi <b>140g</b>	CassavaFufu <b>60g</b>	



## KIDS AND JUNK FOOD



Fast foods are typically high in unhealthy fat, sugar, sodium, and calories while at the same time often low in nutrients and almost totally lacking in fruits and vegetables. Still, no matter how well parents promote healthy eating, it can be difficult for any kid to avoid the temptation of junk food. Instead of eliminating junk food entirely, which tends to increase cravings even more, try to simply cut back on the number of times your kids eat fast food and, on the times that they do, substitute some healthier alternatives.



### Kid-friendly junk food alternatives

Instead of...	Try...
<ul style="list-style-type: none"> <li>• French fries</li> <li>• Ice cream</li> <li>• Fried chicken</li> <li>• Doughnuts or pastries</li> <li>• Chocolate-chip cookies</li> <li>• Potato chips</li> <li>• Packaged fruit juices</li> <li>• Soft drinks</li> </ul>	<ul style="list-style-type: none"> <li>• "Baked fries" grilled in the oven and salted lightly</li> <li>• Yogurt; fresh fruit smoothies</li> <li>• Baked or grilled chicken</li> <li>• Home baked goods with less sugar</li> <li>• Graham crackers</li> <li>• Nuts</li> <li>• Freshly prepared fruit juices</li> <li>• Water infusions</li> </ul>

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## Vitamin-C Syrup



## DEALING WITH PICKY EATERS

Many picky eaters also prefer a “separate compartmented plate,” where one type of food doesn’t touch another. Just as it takes numerous repetitions for advertising to convince an adult consumer to buy, it takes most children 8-10 presentations of a new food before they will openly accept it.

Rather than simply insist your child eat a new food, try the following:

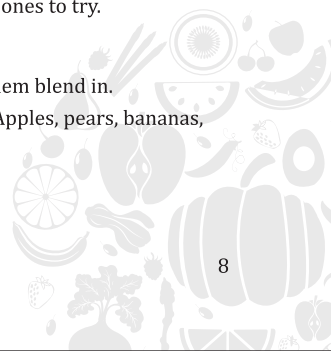
- Offer a new food only when your child is hungry and rested.
- Present only one new food at a time.
- Make it fun: present the food as a game, a play-filled experience. Or cut the food into unusual shapes.
- Serve new foods with favorite foods to increase acceptance.
- Eat the new food yourself; children love to imitate.
- Have your child help to prepare foods. Often they will be more willing to try something when they helped to make it.
- Limit beverages. Picky eaters often fill up on liquids instead.
- Limit snacks to two per day.



## PERSUADING CHILDREN TO EAT MORE FRUIT AND VEGETABLES



- Here are some fun, creative ways to add more fruit and vegetables to your child's diet:
  - Top a bowl of whole grain cereal with a smiley face: banana slices for eyes, raisins for nose, peach or apple slice for mouth.
  - Make fruit kebabs for kids using pineapple chunks, bananas, grapes, and berries.
  - Go food shopping with your children. Let them see all the different fruits and vegetables and have them pick out new ones to try.
- Try fruit smoothies for a quick healthy breakfast or afternoon snack.
  - Add extra veggies to soups and stews, grated or shredded to make them blend in.
  - Keep lots of fresh fruit and veggies washed and available as snacks. Apples, pears, bananas, grapes and carrots are all easy to eat on the run.



## SHOULD CHILDREN TAKE EXTRA MULTIVITAMIN SUPPLEMENTS

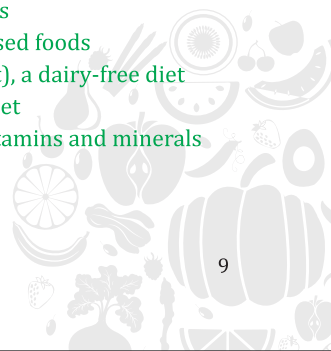


Ideally, kids should get their vitamins from a balanced, healthy diet that includes:

- Milk and dairy products like yogurt (preferably low-fat products for kids over age 3)
- Plenty of fresh fruits and leafy, green vegetables
- Protein like chicken, fish, meat, and eggs
- Whole grains like steel-cut oats and brown rice

Given the reality of time-crunched parents in Nigeria especially in the city centers, those well-rounded, home-cooked meals aren't always possible. That's why pediatricians may recommend a daily multivitamin or mineral supplement for:

- Kids who aren't eating regular, well-balanced meals made from fresh, whole foods
- Finicky eaters who simply aren't eating enough
- Kids with chronic medical conditions such as asthma or digestive problems, especially if they're taking medications (be sure to talk with your child's doctor first before starting a supplement if your child is on medication)
- Particularly active kids who play physically demanding sports
- Kids eating a lot of fast foods, convenience foods, and processed foods
- Kids on a vegetarian diet (they may need an iron supplement), a dairy-free diet (they may need a calcium supplement), or other restricted diet
- Kids who drink a lot of carbonated sodas, which can leach vitamins and minerals from their bodies





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**KNIVES  
ARE FOR  
CUTTING MEAT**

**not**  
*medicine bottle*

*caps* 



*with easy to open  
child resistant caps*



**Moxie**

## VITAMINS AND HEALTHY KIDS

If you do give vitamins to your kids, follow these tips:

1. Put vitamins away, well out of reach of children, so they don't treat them like candy.
2. Try not to battle over foods with your kids or use desserts as a bribe to "clean your plate." Instead, try giving a chewable vitamin as a "treat" at the end of a meal. Fat-soluble vitamins are best absorbed with food.
3. If your child is taking any medication, be sure to ask your pharmacist about any drug interactions with certain vitamins or minerals. Then the supplement won't boost or lower the medication dose.
4. Try a chewable vitamin if your child won't take a pill or liquid supplement.

## SAMPLE HEALTHY MENU PLAN FOR CHILDREN

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Boiled yam+ Vegetable fish stew + Tea	Apple	Jollof Rice+ mixed vegetable+ Chicken /meat	Peanuts	Fried plantain +Egg
Tuesday	Pancake +Tea	Orange	Beans and Plantain	Avocado	Spaghetti+ Mixed vegetable+ Fish
Wednesday	Cornflakes+ 1Egg	Dark chocolate	Rice with Fish stew+ carrot	Fruit Salad	Grilled chicken and Potato chips
Thursday	Cooked oats + Banana	Watermelon	Boiled sweet potato and Egg stew	Orange Juice	Vegetable Plantain pottage
Friday	Bread +Butter+ Tea + Tea	Pawpaw	Boiled yam+ Bean Pottage	Apple	Macaroni+ Shrimp stew+ mixed vegetable
Saturday	Pap +Moi moi with Egg	Pineapple	Eba+ Vegetable Soup+ Meat	Veggie Smoothie	Grilled Fish + Steamed Vegetables
Sunday	Bread + fried Egg+ Tea	Fruit Smoothie	Amala + Egusi soup+ Chicken	Banana	Jollof Rice + chicken

# **Moxie SMART MUMS ALERT!!**



**⊘ DON'T INJURE YOURSELF! ⊘**  
*trying to open medicine bottles*



**Moxie**

Premium Paediatric Medicines

with easy to open child resistant caps



## TOP SIX VITAMINS AND MINERALS FOR KIDS



### • VITAMINS •



In the alphabet soup of vitamins and minerals, a few stand out as critical for growing kids.

- Vitamin A promotes normal growth and development; tissue and bone repair; and , eyes, and immune responses. Good sources include milk, cheese, eggs, and yellow-to-orange vegetables like carrots, yams, and squash.
- Vitamin Bs. The family of B vitamins -- B2, B3, B6, and B12 -- aid metabolism, energy production, and healthy circulatory and nervous systems. Good sources include meat, chicken, fish, nuts, eggs, milk, cheese, beans, and soybeans.
- Vitamin C promotes healthy muscles, connective tissue, and skin. Good sources include citrus fruit, strawberries, kiwi, tomatoes, and green vegetables like broccoli.
- Vitamin D promotes bone and tooth formation and helps the body absorb calcium. Good sources include milk and other dairy products, and fish oil. The best source of vitamin D is sunlight.
- Calcium helps build strong bones as a child grows. Good sources include milk, cheese, yogurt, tofu, and calcium-fortified orange juice.
- Iron builds muscle and is essential to healthy red blood cells. is a risk in adolescence, especially for girls once they begin to menstruate. Good sources include beef and other red meats, turkey, pork, spinach, beans, and prunes.



# Moxie

## Vitamin-C Syrup



**Strong bones and joints**

**Strength and Vitality**

**Glowing hair and skin**

**Immunity and defence**

**Healthy gums and teeth**