



HEALTHY FOOD CHOICES MADE FUN FOR THE WHOLE FAMILY

Posted by Melinda Richards | ★★★★★



Encouraging your children to make healthy food choices can feel like a nutritional battleground, and to your little ones, veggies are the enemy! The good news is, little by little, you can make healthy eating habits a part of their lifestyle. These simple tips will assist you in the daily endeavor to ensure your kids receive the nutrients they need to build healthy habits in their early years.

1. MAKE FOOD FUN

While every meal doesn't have to be an Insta-worthy creation, simply adding an element of fun to your kids' meals will likely increase the chance of them eating it. Even a chicken salad sandwich can be made into an exciting meal when armed with a toolkit of creative additions, such as cookie cutters featuring their favourite animals or characters.

2. JUST ADD COLOUR

Artificial colours seem to sneak into everyday foods and can make grocery shopping a minefield for parents. To keep food additive-free stick to unprocessed foods with natural ingredients! We know vibrant coloured food appeals to kids so kit out your pantry with a rainbow of natural colours that can easily be added to yoghurts and dips for a colourful twist.

3. KIDS KITCHEN RULES

Children love helping in the kitchen and are more inclined to eat healthy snacks they have helped prepare. Assign age-appropriate tasks to children ahead of meal times to increase interest in the dish. This responsibility will make them proud about what that have whipped up and gives you the chance to spend more quality time with your children after a busy day.

4. SUPER SMOOTHIE FOR YOUR LITTLE SUPERHERO

Our favourite recipe is a youngster-friendly blend of banana, frozen mango, coconut water, superfood powder such as broccoli sprout powder and spinach to ensure they are filled with green goodness all before the school run. To eliminate the debate, blend it up and pop the green smoothie in a funky cup, fit for their green morning boost. Why not make one for yourself so you can keep up with them.

5. GREEN GOODNESS

Keep your child's diet clean and green and they will grow to appreciate fresh, healthy food and how great it makes them feel. You don't have to eliminate sugar or 'sometimes food' altogether... Just keep refined food and sugars to a minimum, to ensure your kids are getting the essential vitamins and nutrients they need to grow up healthy and strong.

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ABOUT THE AUTHOR



Melinda Richards

Super Sprout founder Melinda Richards, who is leading the way in producing nutrient-rich, pure, superfood powders, said the powder's ability to make food fun and interesting for children was enabling parents to provide them with a balanced, natural and versatile diet. Super Sprout is a family-owned, award-winning Australian business that specialises in growing and producing 100 per cent pure all-natural fruit and vegetable powders that are just as good as eating fresh, gluten-free and vegan-friendly for both the Australian and global food market.

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