



Restaurant école™

Fresh food for your children every day

Information Factsheet 1: **THERE IS NO “BAD” FOOD!** EATING TOO MUCH OR TOO LITTLE OF CERTAIN FOODS CAUSES HEALTH PROBLEMS

The importance of breakfast

If Goldilocks hadn't eaten up the porridge that was "just right", she wouldn't have been able to run away from the three bears!

Many studies over the last 30 years have suggested that after many hours of fasting over the night, blood sugars become low which affects children's brain function and energy levels.

Studies show clearly that children who consistently eat breakfast test higher in most academic areas, whilst those skip breakfast are more tired, restless and aggressive. About one-third of a child's daily calorie intake should come from breakfast.

Fruits and vegetables

Fruits and vegetables both have similar nutrients e.g. Vitamins A, C, folic acid, potassium and fibre to name a few. Different colours of fruits & vegetables indicate the specific health benefits they

can promote - for instance: Blue/purple, white, orange/yellow, green, red.

When trying new foods at mealtimes, be sure to also include a food that your child likes. Don't give up on offering new foods. It has been shown that children often need many exposures to a new food before they try it and like it.

Energy Food

Oats, bread, cereal, rice, pasta and potato are all energy foods. Most of your daily food should be made up from the above foods (40-50% at each meal). The body uses carbohydrates for energy, B vitamins, iron and some calcium.

Have you tried eating unrefined grains? The higher fibre content helps move food along the gut (intestines) and thus aids digestion.

Don't forget the occasional ice-cream!

Calcium is great for growing youngsters to strengthen bones and to help them remain active.

Plums, Blueberries Blackberries	Onions Garlic Cauliflower	Oranges Carrots Corn	Peas Spinach Broccoli	Red apples Strawberries Tomatoes
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