

Snacks that your kids (& their guts) will love!

Children will often come home from school saying they're hungry and will grab whatever they see first! Leave out healthy choices like veggies and hummus, fruit skewers or peanut butter on rice cakes which they can grab as soon as they come home. Whilst they should be allowed treats sometimes – try and avoid leaving highly processed snacks filled with sugar around the house.

Suggested food swaps –

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| Sweets | Fresh berries Smoothie Homemade peanut butter milkshake |
| High sugar cereals and milk | High fibre, low sugar cereals with fruit and yogurt Omelette (this can be made the night before if you struggle for time in the morning!) |
| Cake, biscuits, pastries | Rice cakes with peanut butter Hummus with vegetable sticks |
| Crisps | Homemade popcorn |

Try and avoid sodas and juices that are filled with free sugars – eating too much sugar can promote weight gain and is a cause of tooth decay. Instead of a sugary drink, try adding no sugar juice to sparkling water. If your child is struggling to drink enough water during the day*, try adding fruit like raspberries or lemons (also works great with frozen fruit and can be cheaper!) to encourage them to drink more.

* Recommended intake of water

| AGE | RECOMMENDED FLUID INTAKE |
|--------------|--------------------------|
| 5 – 8 years | 1 litre |
| 9 – 12 years | 1.5 litres |
| 13+ years | 2 litres |

- Probiotics

Adding probiotics into your kids' diet can help support their immune system by building up a good supply of good bacteria in their digestive system. Kidskalm comes in flavourless sachets which means they can be sneaked into your child's routine. Try adding a sachet to

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their yogurt or in a smoothie. Probiotics are best taken in the morning with breakfast as that's when your stomach environment is least acidic.

Recipe

2 cups of almond milk
1 banana
2 tsp peanut butter
1 sachet Kidskalm

The prebiotic fibre in bananas has been shown to increase the good bacteria in your gut and reduce bloating. Add oats to further increase their prebiotic intake!

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