

# 8 Super Healthy Foods We Guarantee Your Kid Will Eat

For some parents, buying and preparing healthy food is very simple. The hard step is, however, getting your child actually to eat those nutritious foods! This makes mealtimes frustrating and leaves parents wondering if their child actually gets enough nutrients. If you are facing the same problem, read on to find eight super healthy foods that nutritionists guarantee even your pickiest child will eat.

## 1. Yogurt

Yogurt provides you with a lot of good bacteria, otherwise known as probiotics, that are vital to keeping little stomachs happy and healthy. Limit sugary versions for children because these are generally lower in protein and healthy bacteria. Rather, choose nonfat, plain low-fat yogurt or Greek yogurt and dress them with a tablespoon of honey. Look for the words "active and live cultures" on the yogurt carton to ensure that the yogurt inside it has a lot of valuable bacteria.

## 2. Flaxseed

This nutty plant is loaded with Omega-3 fatty acids that are required for optimum brain and cardiovascular health. It is sold ground and whole, but research suggests that the ground variety is consumed by the body better. Place 1/4 cup of ground flaxseed in your child's most beloved food items like bread, muffins, or pancakes to add a healthy boost to baked goods.

## 3. Salmon

If salmon is not a food you would think your kids would love to eat, then you might need to rethink this nutritious fish. Besides having a high amount of Omega-3 fatty acids that are essential for brain development and heart health, wild salmon is rich in high-quality protein that children need for proper growth. Salmon requires little seasoning because of the natural taste and can be baked or grilled in just a couple of minutes. Try one of these salmon recipes for your kids: roasted salmon or salmon burgers with herbs and citrus.

## 4. Sweet Potato

Sweet potatoes are one of the most beloved foods among babies because of their natural sweetness and bright color, but they are regularly forgotten once the children grow up. Next time you required a side dish, try a baked sweet potato. Simply wash and bake at 375 degrees for forty-five minutes. Then, serve this baked potato topped with cinnamon-sugar and vanilla yogurt.

## 5. Hummus

This heart-healthy spread is one food that most kids will eat. The complex carbs, protein, fiber, and garbanzo beans combined with heart-healthy olive oil make hummus such a perfect food for children. Serve hummus to your kids as a dip with baked pita, baby carrots, or chips, or use it in place of mayonnaise on sandwiches to add additional flavor.

## 6. Tofu

Most parents suppose it is highly unlikely that their child will touch tofu, right? Well, they should think again. While not always a favorite when served whole in dishes, tofu is a treat for kids when

served as a creamy base in smoothies and desserts. Tofu is a rich source of B vitamins, iron, calcium, and protein—all the nutrients children often need to improve bone health and growth.

## 7. Avocado

Avocados are a rich source of monounsaturated fats, the "good" fats that children really need in their regular diet. In fact, it is proposed that 25% and 35% of children's calories come from fat, especially unsaturated ones. We have found that the avocado is more liked by children when they were spread on wraps instead of mayonnaise or cheese. Start children on avocado early because the consumption of fats is especially important in the initial years for the optimal growth and development.

## 8. Mango

A cup of this sweet tropical fruit provides almost an entire day's supply of Vitamin C, which helps keep kid's gums and teeth healthy and immune systems running strong. It also provides 3 grams of fiber per 100 calories. Want a fun way to soothe your child and provide him/her a nutritious snack? Puree peeled cubes of mango in a blender and pour it into Popsicle molds or ice cube trays and refrigerate. In a few hours, you have got nutritious frozen mango pops!

### **About the author:**

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Dr. Emma George is medical graduate and nutritionist with over five years of experience in the field of medicine. She has a special interest in medicine, advancing medical techniques, and how the knowledge of medicine helps people improve their lives. Besides that, she is also a passionate writer and has published many health-related articles, books, and journals over the past years.

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