

Nourish your child with healthy eating habits

Advice on how to deal with modern challenges in relation to your child's health



Modern challenges for children's health

In today's fast-paced world, technological advancements have revolutionised our lives, yet one area that demands our attention is the state of our family's health. Despite progress, there's a growing concern about children's health issues, including allergies, diabetes and obesity. Could it be that the shift towards convenience and processed foods has caused many to overlook the basic principles of healthy eating?

Timeless guidelines for family meals

London-based Nutritional Therapist and Functional Medicine Practitioner Tracy Tredoux emphasises the importance of adhering to timeless guidelines that modern families can adopt to prioritise health and well-being. The age-old advice of three balanced meals a day remains highly relevant. Skipping meals can lead to midday energy slumps and unhealthy cravings. Balanced meals — rich in vegetables, whole grains, protein and healthy fats — promote steady energy levels and improved overall health.

Start the day right

How your child starts the day tends to determine their energy and concentration levels throughout the day. High sugar cereals spike their blood sugar levels often leading to a lack of focus and concentration soon to be followed by an energy dip. Opt for breakfasts that will ensure a steady release of energy and stable blood sugar levels such as:

- Low-sugar whole grain cereals.
- Oats with a topping of fresh fruits like berries or a banana, a drizzle of honey or maple syrup, nuts or a sprinkle of cinnamon.
- Whole grain pancakes or waffles with nut butter as a source of protein.
- Eggs and toast. Why not use a cookie cutter to cut the toast into fun shapes for younger children?

Fostering connection through shared meals

Shared family meals foster connection and engagement, enhancing emotional bonds. Limiting screen time during meals can nurture meaningful conversations and mental wellbeing. Just 15 minutes of regular family meals can make a significant difference, helping to foster unity.

Transitioning to healthier eating habits

Transitioning to healthier lifestyles is gradual yet rewarding. Instead of high-sugar options, introduce alternatives like fresh fruit, honey and date sugar, gradually weaning children off sugary foods. Replace take-aways with homemade versions, such as oven-baked chips and nutritious homemade burgers. Prioritise natural foods, minimising processed items laden with unhealthy fats, sugars and additives.

Involving children in meal preparation

Involve children in meal preparation to cultivate a positive relationship with food. Engaging them with colourful and enticing options, like fruit and vegetable kebabs or homemade ice lollies, encourages exploration of new flavours and textures, making meal preparation fun and educational.



IMPROVE YOUR
HEALTH WITH
TRACY TREDOUX

NUTRITIONAL THERAPY &
FUNCTIONAL MEDICINE

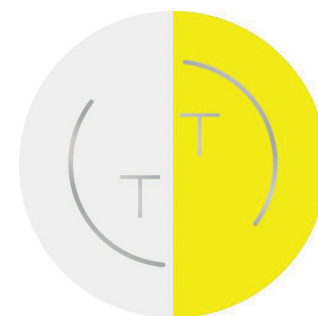


Building healthy emotional connections

Be mindful of emotional connections to food. Replace food-based rewards with activity-based treats, as that helps to foster healthier associations. Guide children towards a diverse array of foods, flavours and textures early on. Introduce new foods during their formative years, nurturing developing taste buds and expanding culinary horizons.

Reclaiming healthy family practices

As we embrace the diversity of the modern world, let us reclaim these fundamental aspects of family life to hopefully give our children a healthier future.



Book your free 15 minute discovery call today at tracytredoux.com

