

Nutrition Tips By The Best Punchbowl Children Centre

Caregivers in our [Punchbowl children centre](#) fully understand the importance of nutrition for children. They are fully aware of the struggle that comes with getting children to consume nutritious foods. It is for this reason that they helped us compile a list of nutrition tips for you.

Nutrition is a very vital part of a child's growth and development. It is ranked among the three major factors that impact a child's development. While nutrition is very important, getting children to eat healthy foods is an uphill task that is all too familiar with all parents.

But it's all worth the struggle as apart from keeping healthy and strong, proper nutrition helps lay a foundation for healthy eating habits. It gives them nutritional knowledge that they carry into adulthood.



That said, check out these tips.

Rewrite And Stick To The Menu

Rewriting your child's menu to cut down on processed foods and sticking to it is a good place to start. Introduce greener and leafier options to their menu and let them know that, that is what is available to eat.

If you decide to eat out, which should not always be a go-to option, introduce them to healthier food options. Discourage snacks such as kebabs, burgers, cheese and the likes. Your child may end up liking a healthier option if you introduce them to them early enough.

Limit Their Calories Intake

You can easily limit your child's calories intake by cutting down on the intake of added sugars. However, it is important to note that natural sugars such as those found in fruits are healthy. To cut down on added sugars, you need to avoid drinks such as sodas. While purchasing breakfast cereals, go for options with minimal added sugars.

Nutritional experts in our [Punchbowl children centre](#) also advise that you limit the intake of calories and saturated fats. These are fats that come from animal sources such as red meat and full-fat dairy products. Replace these with vegetable oils.



Allow Them To Stop Eating When They've Had Enough

Most parents subscribe to the clean-plate policy, pushing their children to clear everything they served. This is where they go wrong. It is nutritionally unhealthy to force your child to continue eating after they are full.

Instead, allow them to stop when they feel as if they've had enough of it. Forcing a child to entirely finish the food served to them even after they are already full may make them loathe that diet. It could also lead them to vomit everything else they had consumed.

Include Fruits In Every Meal

Instead of processed fruit juices, include fruits in every meal and encourage your child to take them. To make it more exciting for them and to avoid monotony, introduce them in different forms. Experts from our Punchbowl children centre advise that you serve fresh, canned, frozen or dried fruits.

If you serve them fruit juice, ensure that it is a hundred percent natural juice with no added sugars. Even then, you will need to limit their intake.



Mealtimes Should Be Relaxed

Top [Punchbowl children centres](#) take meal times into consideration. That is because the atmosphere during meals should not trigger anxiety in children. This is important for the development of healthy eating habits.

Continually scolding your child to chew or swallow food adversely affects them. It leads them to naturally withdraw from a meal culture. Your child ought to always be happy during meals. With this, they can even open up and tell you the healthy foods they prefer and why.

Prepare Age-Appropriate Meals

Be keen while preparing or packing meals for your child. Ensure the food is the right amount, size and texture for your child.

Remember that your child might like a certain food or you may think a certain food is right for them, but it may not be the right texture for their age. This may then result in constipation and other digestion complications. Such incidents can lead your child to loathe the meal even later in their adulthood.

Applying the above nutrition tips does not necessarily mean that you are entirely taking all the junk away from them. It only means that you are significantly cutting down on that. Your child can always enjoy some treats once in a while. Always remember that, as an adult, you are in charge of your child's health. It is your role to intentionally provide a diet that is conducive to learning, growth, and good health.

According to the nutritional experts and caregivers in our [Punchbowl children centres](#), being firm but caring about our choices and actions with regard to food produces the best results when it comes to feeding young children. As such, do not be hesitant to say 'no' to your child when you know no is the right thing to do.