

Wonder Foods

Julie Maree Wood



In terms of volume, most children don't eat a great deal. It is therefore important that the foods that they do eat are nutrient dense to ensure they are getting all that their developing brains and bodies need. Some foods are jam packed with vitamins, minerals and enzymes (which aid good digestion and so help us to get the most out of our food). They are just the wonder foods we need to feed those little bodies.

Blueberries: fresh, frozen or in yoghurt.

Pineapple: fresh, frozen, grilled or in fruit iceblocks (use the core too).

Sprouts (mung bean, alfalfa, etc): Finely chop and use in dips, sandwiches or with cream cheese.

Pawpaw (I do love this one!): Fresh, iceblocks, mashed and into yoghurt.

Tofu (silken): Mashed and into yoghurt, smoothies, milkshakes, scrambled with eggs (sounds yuck, tastes yum!)

Eggs: Into smoothies, scrambled, boiled, homemade custard.

Figs: Fresh or dried and soaked in water, then blend and use as a spread with some jam and ricotta.

Dates: Fresh or dried, soak them and use them like the soaked figs.

Wheatgerm (store in fridge): Stir through yoghurt or into smoothies.

Avocado: as is, on crackers, sandwiches or in guacomole.

You may have to be creative to get some of these into their picky little mouths, but it will be worth the time in the kitchen.

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