



杭州康纯进出口贸易有限公司

HANGZHOU COMTRUE TRADING CO., LTD

Hangzhou Comtrue- Nutrition for Growing Bodies

Vegetables and Fruits Supplier, Bean products Distributor, Canned and Fresh foods Wholesaler or OEM Service factory-Hangzhou Comtrue Trading Co.,Ltd.

Do you want to raise happy, healthy and successful kids? Children and teens need the right fuel for growing, learning and developing. This means foods and beverages with plenty of nutrients (protein, fiber, vitamins and minerals) and not too many calories, fats or sugars.

The secret to feeding a healthy family is to serve delicious nutrient-rich foods at every meal and snack. When children fill up on the right stuff – high quality nutrition for their bodies and brains – they will naturally have less room for the nutrient-poor choices (soft drinks, chips, candy, desserts).

Here are some quick and easy ways to serve children high-octane choices from every food group, morning, noon and night.

Whole-Grain Foods with Carbohydrates, Fiber, B-Vitamins and More

Whole grains pack a lot of nutritional value. In recent years, there has been an explosion of new grain products on grocery shelves. With so many options, it's hard to know which ones to pick. Choose items that list whole grains as the first or second ingredient on the label. Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.

Fruits and Vegetables with Vitamins A and C, Potassium and Fiber

You can't go wrong with fruits and vegetables: fresh, frozen, canned, dried and 100 percent juice.

For kids and adults alike, eating more fruits and vegetables at every meal is important for health. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve crunchy baby carrots or sliced apples; for dinner, put brightly colored vegetables (broccoli, corn, sliced peppers, frozen peas or leafy green salad) at the center of every plate.

Low-fat Dairy Foods with Protein, Calcium, Potassium, Magnesium and Phosphorus

The nutrients in this group are important for kids, but most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily dairy servings that children and teens need. There are many nutrient-rich, low-fat dairy products to choose from: an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; fat-free or low-fat yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.

Lean Meat/Poultry/Fish/Eggs/Beans/Nuts with Protein, Iron, Zinc and B-Vitamins

Whether it's growing muscles or active brains, these nutrients top the list for children. Getting enough protein at every meal and snack helps with extending satiety (feeling comfortably satisfied after eating).



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While most kids eat plenty of protein at lunch and dinner, they don't necessarily get their protein fix with breakfast or snacks. Start their day with eggs, bean burritos or last night's leftovers. For snacks, provide nuts, peanut butter or other nut butters or sliced lean ham or turkey.