

# HEALTHY EVERYDAY HABITS



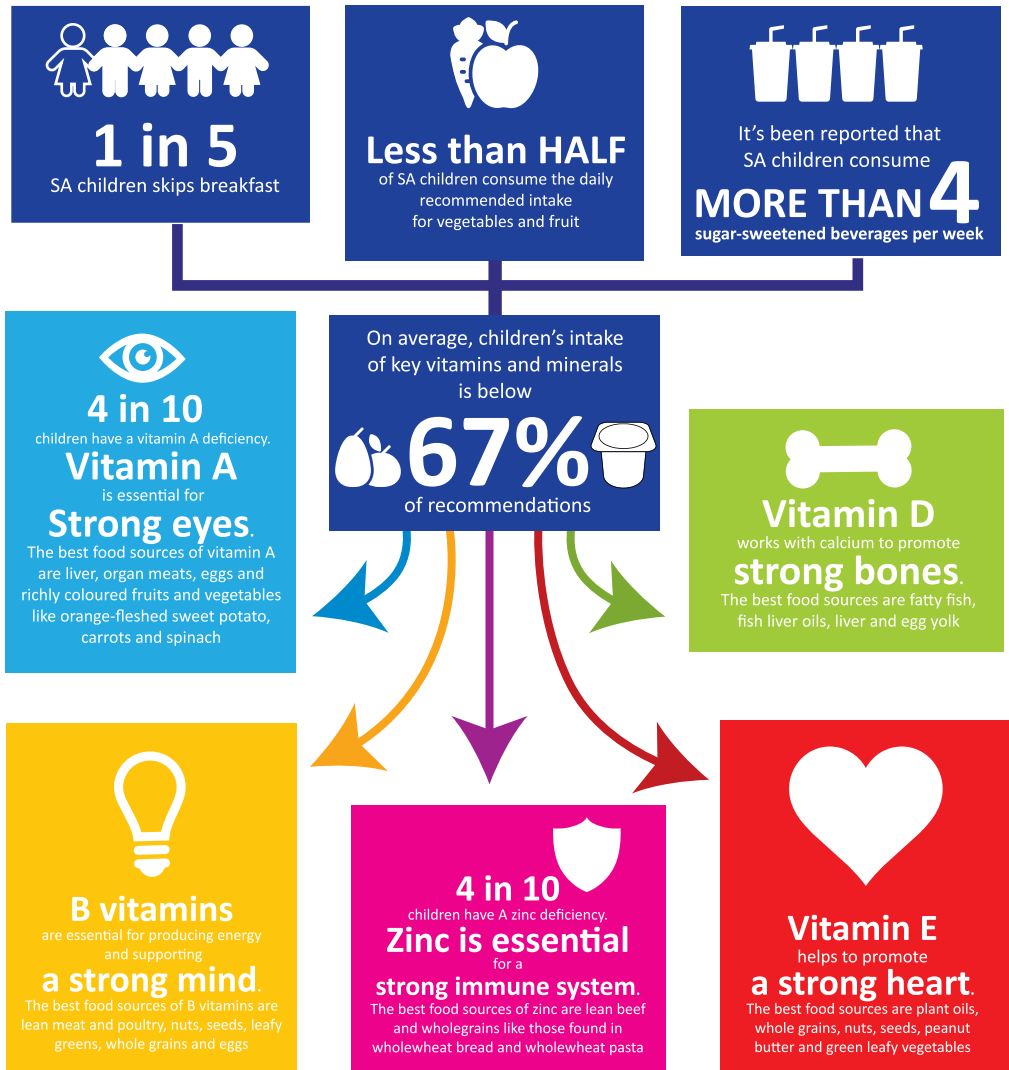
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# HEALTHY EATING ENSURES THAT YOU GET ALL THE DIFFERENT NUTRIENTS NEEDED TO TAKE CARE OF YOUR BODY.

In South Africa, the nutrition status of our children is poor, and this affects their ability to learn, grow and meet their full potential. Including nutritious foods into your child's diet can help to close nutrient gaps, helping your child to be Strong Every Day!



# 10 STEPS TO CREATE A HEALTHY FOOD ENVIRONMENT EVERY DAY

**1. Set a good example.**  
As their closest role model, children will learn eating habits from you. Use the opportunity to practice good habits and teach them to your children too!

**2. Have a regular meal schedule.**  
If meals are not routine or are skipped, children tend to snack more during the day and are less hungry at mealtimes. Space snacks to at least one hour before a meal and use their tummy space primarily for foods that provide good nutrition.

**3. Eat as a family at least once a day.**

Research shows that children who regularly eat with their families have a better nutrient intake, healthier body weight, better school performance and better language development because of family “talk time”.

**4. Aim for your family meal to be “screen free” to ensure maximum quality time.**

**5. Keep nutrient-rich foods where children can see them –** on lower shelves in the fridge, pantry or cupboard. Keep special occasion treats hidden or high up, so they’re less visible and difficult to reach.

**6. Buy “single-serve”** grab-and-go snacks, like small yoghurt tubs, 250 ml milk cartons, 30 g raisin and nut sachets, or whole fruits. These are great as snacks on the run and for lunchbox fillers.

**7. Have fun with food!**

Try new foods, recipes and cooking techniques which children can get involved with and enjoy.

**8. Make healthy foods the happy option.** Include healthy foods at the centre of happy occasions and family traditions. This will help children think of healthy foods as happy foods. For example, fresh, cool watermelon on a hot summer day establishes happy healthy food memory and habit.

**9. Make water your family’s number one beverage of choice.**

**10. Remember that your children are learning about the basics of healthy eating at school, so your support can really reinforce their lessons.** Better yet, ask your kids to help you create your daily menu for balanced and healthy meals and snacks.



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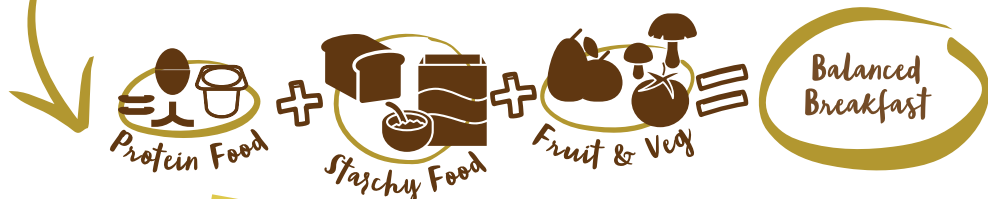
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# ENCOURAGE THESE HEALTHY HABITS!

As a family, building these healthy habits into your day helps to boost your intake of nutrient-rich foods, fuelling growth, potential and well-being.

## 1. EAT BREAKFAST EVERY DAY

Eating breakfast every day may be linked to improved learning! Studies show that children who eat breakfast every day tend to have better test scores and better short-term memory, as well as higher school attendance compared to those who don't.



**To build a balanced breakfast, combine a protein food, a starchy food and a vegetable or fruit. Here are some handy breakfast ideas for kids:**

- Wholewheat breakfast cereal with yoghurt and half a small pawpaw.
- Pap with maas and a tablespoon of raisins.
- Boiled or scrambled egg on wholewheat toast with sliced tomato.
- Cooked mushrooms on wholewheat toast and a small (100 g) tub of yoghurt.
- Peanut butter on wholewheat toast with a small banana.
- Smoothie: Blend yoghurt with raw oats, fruit, milk and a handful of ice.
- Even leftovers from dinner can provide a healthy breakfast!

## 2. HAVE MILK, MAAS OR YOGHURT EVERY DAY

Dairy foods naturally offer a source of calcium and protein, which are essential nutrients for growing children and strong bones.

Children who eat yoghurt regularly (at least once a week) tend to have a healthier diet than those that don't. That's because young yoghurt eaters have higher intakes of calcium, vitamin D, potassium, and seem to eat more fruits and wholegrains.

Enjoy yoghurt at breakfast, as a snack, as part of a meal or even as a healthy substitute for dessert!

Maas contains all the nutrients naturally found in milk, as well as live cultures which help to build a healthy digestive system and support a strong immune system. Enjoy it as an anytime drink, with some bread as a snack, or pour it over your pap.



## 3. DRINK MORE WATER EVERY DAY

Water is the cheapest yet best drink of all. Pack a water bottle into your child's lunchbox. Allow them to choose the water bottle to keep it exciting!

Remember to offer water regularly throughout the day. Learning and playing is thirsty work. Add chopped fruit pieces to your child's water to add some colour and flavour.



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## 4. MOVE MORE EVERY DAY



Encourage your children to be physically active! Remember that children learn from your example, so if you have a healthy outdoor lifestyle, they are more likely to be active themselves. Find activities which feel more like fun than exercise... rolling down hills, climbing trees, garden soccer and in-door dance-offs all count.



## 5. EAT MORE VEGETABLES AND FRUIT EVERY DAY

Keep fresh fruit on the kitchen counter where children can see it for a ready-to-eat snack.

Wash and cut veggies ahead of time so they are ready for snacking as and when needed.

Add veggies to your children's favourite meals, like shredded carrots to bolognaise sauce and vegetable toppings on home-made pizzas.

Offer them raw veggie fingers. Children may prefer uncooked veggies because of their crisp texture and bright colours.

Plant a family veggie garden! Children are more likely to eat veggies they grow themselves – and they'll learn valuable skills.



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DID YOU  
KNOW?

NutriDay® Fruit and Smooth yoghurt has been crafted with carefully selected added nutrients known to be lacking in the diets of South African children.

Each of these added nutrients help contribute to you and your family being strong every day.



# GOOD HABITS HAPPEN EVERYDAY

Visit [www.danone.co.za](http://www.danone.co.za) for more nutrition advice, tips and ideas to build your family's nutrition and help them to be strong every day.

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# EVERYDAY MEAL IDEAS

Visit [www.danone.co.za](http://www.danone.co.za) for more nutrition advice, tips and ideas to build your family's nutrition and help them to be strong every day.

Nutritious meals and snacks help children meet their nutrient requirements every day. Use the table below as a guide for planning your family's meals and snacks. Remember that water is the best beverage of all - include a bottle of water in your child's lunchbox every day!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Pap with maas and a tablespoon of raisins	High fibre cereal with chopped fruit and NutriDay® Yoghurt	Oats with chopped apple, cinnamon and milk	Sorghum porridge with milk and sliced banana	Wholewheat toast with baked beans and sliced tomato	High fibre cereal with chopped fruit and NutriDay® yoghurt	Boiled egg with brown toast and cooked mushrooms
<b>SNACK</b>	Banana	Apple	Orange	Raisins	Naartjie	Paw-paw	Watermelon
<b>LUNCH</b>	Cold meat and sliced tomato on a wholewheat bread roll	Baked beans and brown bread with carrot cut into fingers	Pilchards served with pap and cooked tomato gravy	Bean curry and brown rice (leftover from dinner) with carrot and cabbage coleslaw	Egg mayonnaise sandwich on brown bread with cucumber cut into fingers	Braaiied chicken pieces with corn on the cob and green salad	Savoury mince or soy mince with wholewheat pasta and cooked cabbage
<b>SNACK</b>	NutriDay® Yoghurt	Small carton of milk	Small carton of maas	NutriDay® yoghurt and a nectarine	Small carton of milk and an orange	40 g cheddar cheese and cucumber cut into fingers	Small carton of maas
<b>DINNER</b>	Lentil bobotie with baked sweet potato	Chicken livers with pap, cooked spinach and pumpkin	Bean curry with tomato sambals and brown rice	Butternut soup with plain yoghurt and wholewheat bread	Pilchards with mashed potatoes and beetroot salad	Lentil biryani with tomato sambals and brown rice	Samp and beans with cooked carrots and green beans
<b>DESSERT</b>	Baked apple with cinnamon		Poached pear with plain yoghurt		NutriDay® yoghurt frozen into a frozen yoghurt treat		Chopped fruit salad with NutriDay® yoghurt