

## **Growing up with bananas / Tesco.**

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TESCO

# Growing up with Bananas

*Nutritious and delicious bananas can form a valuable part of a healthy balanced diet.*

*Many mums and tots enjoy bananas but may not know just how beneficial they can be during pregnancy and for the growth of children.*

*Here is a guide to the benefits of bananas for would-be, expecting and nursing mums and your children.*





# Healthy Eating for Life:

*Research tells us how important it is to follow a healthy, balanced diet.*

*This is to help prevent a range of diseases such as heart disease, tooth decay, strokes, high blood pressure and even some kinds of cancer.*

*An ideal diet should provide a balance of foods which can be enjoyed as a part of your lifestyle.*

*Fresh fruit and vegetables are an important part of this healthy diet.*

*The World Health Organisation recommends that we should eat at least one portion of fruit or vegetables at every meal.*



## How can Bananas help:

*Bananas are an important versatile food which are ideal as a part of a balanced diet. They are a useful source of fibre and carbohydrate and are a good source of vitamin C with over a third of the recommended daily amount in an average fruit (100g). They are rich in potassium and contain small amounts of other essential minerals such as iron, phosphorus and copper.*

*There are certain times of life when we become even more conscious of what we eat, for example during pregnancy. Bananas can prove a valuable food for would-be and pregnant mums and later on for their tots.*





# Planning Ahead~ Healthy Eating for you and your baby:

## Would-be Mums:

*If you are thinking about having a baby, now is the ideal time to start getting your body into the best possible condition.*

*A healthy diet is important for everyone and you can use this as an incentive to look at your eating habits and start to establish a new, healthier eating pattern for you, your partner - and your family - for life.*



## Expecting Mums:

*If you are already pregnant and have not yet switched to a healthier diet, don't worry it's never too late to start - even if you're several months pregnant.*

*It is not true that you now need to "eat for two" (your energy requirements when you are pregnant are virtually the same). In fact you only need 200 calories more than usual per day in the last few months of your pregnancy. Remember your own appetite is a good guide to how much food to eat. You may experience nausea and sickness in the first few weeks of pregnancy - in this case small, frequent healthy snacks may help, particularly those high in starchy carbohydrate, such as bread, rice, potatoes and some fruits.*



*Bananas are ideal, they are gentle on the stomach and are easily digested. They help to satisfy hunger because they contain much larger levels of starchy carbohydrate than most fruits and so can act as a useful source of sustained energy. The light aroma of bananas should not trigger nausea.*

*Try:*

**Banana sliced on breakfast cereal;**  
**Banana chopped into low fat**  
**or Greek yoghurt**  
**Banana sliced in a wholemeal roll;**

## Breast Feeding Mums:

*While you are breast feeding, your energy requirements will be high so just as when you are pregnant, eat when you are hungry. For energy eat foods with starchy carbohydrates such as bananas, don't rely on fats and sugars.*

**NB - Certain fruits may regrettably upset the baby's tummy particularly citrus fruits.**



## Bananas a 1st food

*Most babies are ready to start solid foods from 3 or 4 months old whilst still continuing to take milk.*

*Start with just a small teaspoonful of puree, offered after one milk feed in the day. Some babies may cry in between every mouthful at first because of the change from a continuous stream of food.*

## At 3-4 months:

*Some ideas to try as a runny puree; fruit e.g. banana, apple, pear (with no added sugar); vegetables e.g. cooked carrot, potato, swede or spinach (with no added salt); Don't yet give: wheat based foods, eggs, citrus fruit, nuts, fatty foods, chillies or milk (other than breast or formula milk).*

*As you increase the amount of solid food*

*Try:*

**purees including meat, fish, pulses and other fruit and vegetables.**





## At 6-7 months:

*Your baby will gradually be able to cope with food that is lumpier and more solid rather than puréed. You can now give drinks of ordinary cow's milk. (Use whole milk not skimmed or semi skimmed).*

*Try:*

**banana milk shake - bananas and milk with no added sugar.**

*Babies will start to learn to handle food -*

*Try:*

**giving a piece of peeled apple, a scrubbed carrot or pieces of banana;**

*Babies like feeding themselves - be assured they do find their mouths - sooner or later!*



## Bananas a growing up food:

*We know that the eating habits of children can set the pattern for the rest of their life, so it is a good idea to encourage a balanced and healthy diet as early as possible.*

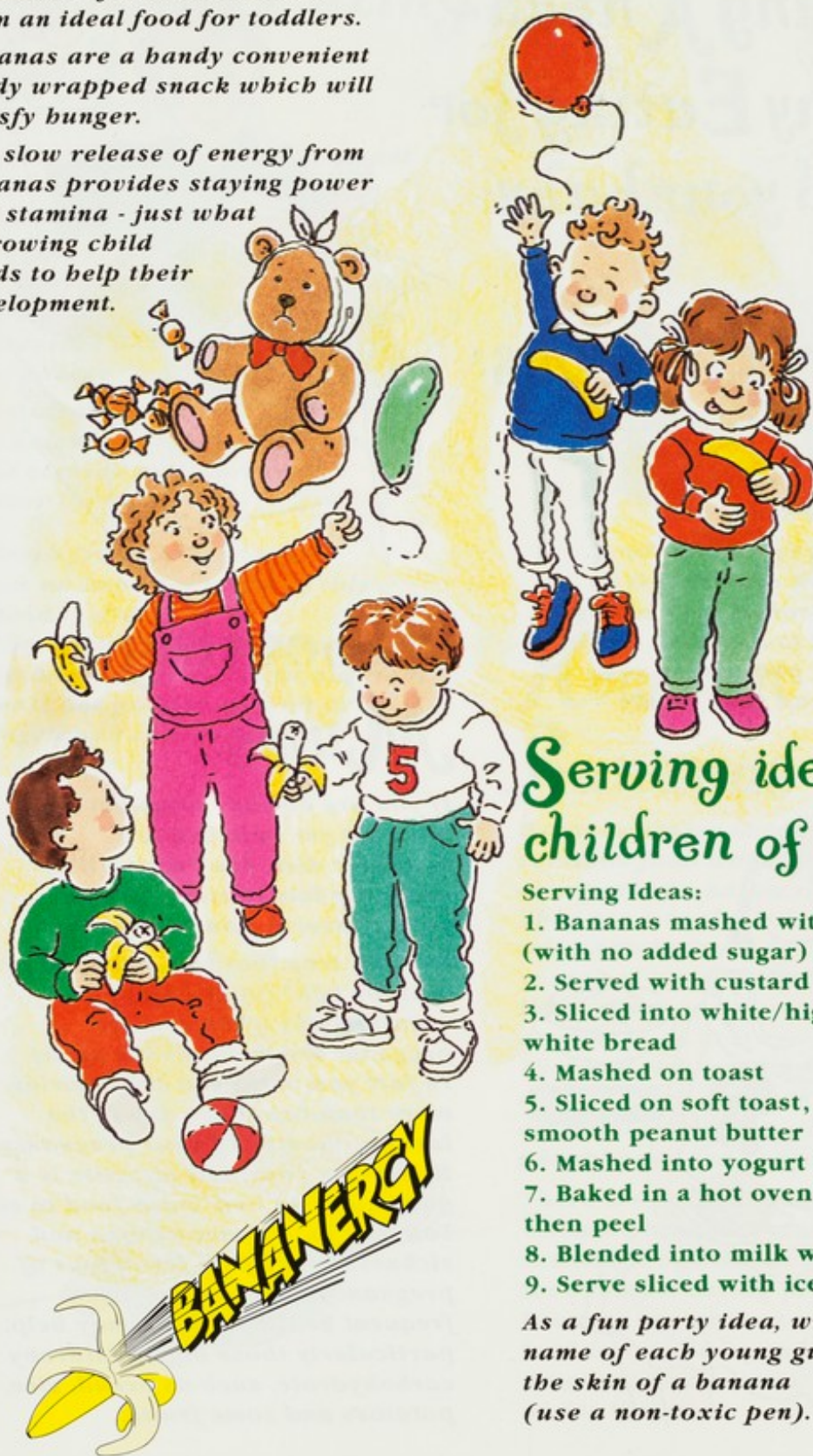
*Avoid foods with a high fat and sugar content. Too much added sugar can mean that children are unable to appreciate the natural sweetness in many fruits and can also contribute to early tooth decay.*



*The versatility and natural sweetness of bananas makes them an ideal food for toddlers.*

*Bananas are a handy convenient ready wrapped snack which will satisfy hunger.*

*The slow release of energy from bananas provides staying power and stamina - just what a growing child needs to help their development.*



## Serving ideas for children of all ages:

### Serving Ideas:

1. Bananas mashed with milk (with no added sugar)
2. Served with custard (hot or cold)
3. Sliced into white/high fibre white bread
4. Mashed on toast
5. Sliced on soft toast, spread with smooth peanut butter
6. Mashed into yogurt
7. Baked in a hot oven for 15 minutes then peel
8. Blended into milk with berries
9. Serve sliced with ice-cream

*As a fun party idea, write the name of each young guest on the skin of a banana (use a non-toxic pen).*