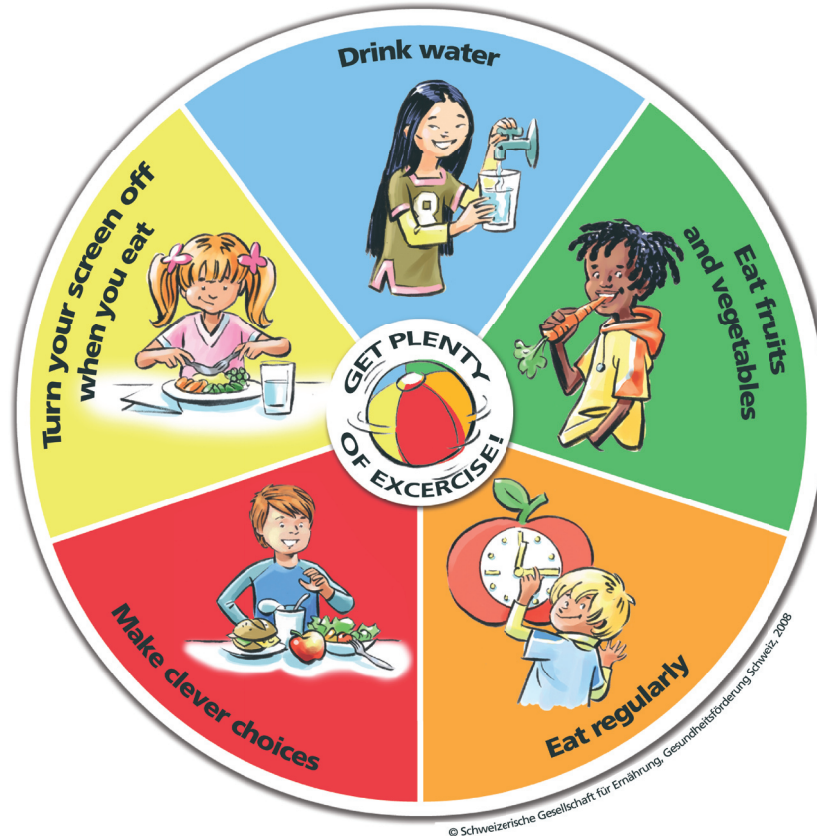




Nutrition disk

Recommendations for healthy and tasty eating and drinking for children



Drink water

You can never get enough water: drink some with every meal, as well as in between meals.

Make water your favourite drink: it's better and more refreshing than sweetened drinks.



Eat fruit and vegetables

You have the choice: discover the colourful diversity of fruit and vegetables.

Always a treat: fruit and vegetables taste good with main meals and are also a great snack.



Eat regularly

A good start to the day: a healthy breakfast gives you energy.

Full of energy all day long: eat regular meals and avoid constant snacking.



Make clever choices

Discover what's on offer: eat a wide variety of foods to keep yourself in good shape.

Keep it light: foods that are rich in fats and sugars should only be eaten occasionally and in small amounts.



Turn your screen off when you eat

Be active: games, arts and crafts, reading, sports – turn your back on your screen and do something else that you enjoy.

Don't eat while doing something else: take time to eat – enjoy it.

Information and tips for parents

A healthy diet and sufficient exercise are fun and enhance the physical and mental development of your children. A few simple tips show you what is important in a healthy diet. Act as a role model. Both you and your children will benefit from this.



Drink water

Drink enough to stay healthy! Choose water over sugared drinks or artificially sweetened drinks. Sweet drinks are unsuitable thirst-quenchers because they contain lots of sugar and your children will get used to the sweet taste. Instead, try unsweetened fruit or herbal teas or a diluted fruit juice.



Eat fruit and vegetables

Discover the diversity of fruit and vegetables. Every season, vary your cooking and inspire your children with a wide range of tastes. Fruit and vegetables are rich in healthy substances. They enhance every meal and are also the ideal snack.



Eat regularly

A balanced breakfast is the best start to an active day. Muesli, wholemeal bread, fruit, vegetables and dairy products such as cheese, yogurt and milk provide your children with the necessary energy for the whole morning. Distribute the rest of the meals regularly throughout the day. Regular main meals and additional healthy snacks will satisfy (?) you more and increase your ability to perform better than constant snacking of sweet and fatty foods.



Make clever choices

Due to their simple but seductive taste or eye-catching advertising, many foods and drinks attract the attention of children. Try to offer your children a clever and varied choice of foods – fruit, vegetables, wholemeal products and dairy products every day and fish, eggs and meat regularly. Variation is vital to ensure that the body is supplied with sufficient nutrients. Foods that are rich in fats and sugars can be part of a balanced diet if they are eaten only occasionally and in small amounts.



Turn your screen off when you eat

Whoever watches a lot of television doesn't get a lot of exercise. Whoever eats while doing so is making two mistakes at once. The problem: when you're watching television, you often don't notice when you are full. The consequence: you eat too much. Don't let your children eat in front of the television or computer and take time for a healthy meal at the table. During meals, enjoyment and family discussions also play an important role.