



Kids nutrition tip sheet

Our product picks

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Sometimes one of the hardest things to do is to find healthy foods in the shopping isles. You are assaulted by marketing claims, labeling, product ticks and so on, many of which don't necessarily help you to make the best choice for you and your family. Many parents find lunchboxes a continual source of stress, especially if they come home barely touched. So the team at Sneakys have compiled a short list of some of the products we have given the 'thumbs up' to, they may not be for everyone but everyone will find at least one they will love.

- **Eskal Pomdelicious 100% natural pomegranate and blueberry juice**

At last a gorgeous boutique juice that is free of both sugar and preservatives! 80% pomegranate, 20% blueberry and 100% natural nutrition packed full of antioxidants. The sweetness of the two fruits means that the 1 Ltr bottle can be diluted by at least 1:4 parts water, making the price very competitive too. We found our bottle in Coles in the health food isle, so lets hope your local supermarket stocks it.

<http://www.trialiafoods.com.au>

- **Vitasoy calcium-enriched oat milk and rice milk**

Ideal for allergy, Vitasoy now have a calcium-enriched oat milk and rice milk, plus a protein-enriched rice milk. But... Just beware that Vitasoy Soy Milky seems a bit of an aberration, unlike most of the Vitasoy range it contains a number of additives, so just check that you are getting the right Vitasoy product. For more details view online at <http://www.vitasoy.com.au/products/product-range/>

- **Goji berries**

Now, this is a treat for the whole family. Reputed to be a superfood for their antioxidant capacity, goji berries can be found in most supermarket health food isles. You can purchase them plain (dried) or chocolate coated (some are organic also). The chocolate coated ones are most often dark chocolate, so a slightly healthier option than the usual chocolate on the shelves. Another great option for lunchboxes if fruit is coming home untouched.

- **Aribars**

Wholegrain brown rice all organic bars available in two varieties, plain and cocoa. These little numbers are organic, free from artificial flavours and colours, plus gluten and dairy free. Yes, they do have sugar (albeit organic), but they are such a lovely treat for a big kid lunchbox, especially if you are finding it hard to source food that your little one will eat.

- **Balance water**

Pure water, with four flower essences (made from organically grown Australian bush flowers) specifically for children, this is a great option for school canteens. The flower essences are said to assist creativity, concentration and digestion, as well as be calming. Other varieties available for the mind, women and travel. www.balancewater.com.au

- **St. Dalfour jams**

Additive, preservative and cane sugar free, with a wide range of berry jams, these are ideal for the whole family.

- **Honest Beef (including sausages)**

Additive, preservative and gluten Free 100% Australian beef, premium quality beef with no artificial colouring, preservatives or additives. Follows the principles of FAILSAFE. Carefully handled and vacuum packed. Starting from 10kg to entire animals. <http://www.honestbeef.com.au/>

- **Hans hams and roast chicken**

At last!!! Lunch-meats with no artificial flavours, no artificial colours, gluten free, less salt, natural green tea extract as the antioxidant. And what's even more important there are no nitrites on the ingredients panel. <http://www.hans.com.au/>

- **Piranha Vegetable chips**

Free from artificial flavourings and preservatives (though they do have food acids and another agent and a tiny bit of sugar (second to last ingredient), these can be a great treat for your veggie-averse child. Many supermarkets stock them in the health food isle and you can also contact Manly Freezers on 9949 8822 for bulk orders.

- **Colonial Farm Meat Balls**

Great for school canteens or for dinner, the whole family will enjoy these, probably the 'cleanest' ready made meat ball you will find, again many supermarkets have them and you can also contact Manly Freezers on 9949 8822 for bulk orders.

- **Hopper, Hip Hop choc fruit brownie**

A great little bar, packed with dried fruit (preservative free) and with no added sugar this is as close as you will get to a healthy coco bar for kids, completely additive free and low GI. www.hopper.net.au

Cadence Health 2009 info@cadencehealth.com.au or www.cadencehealth.com.au for more great tip sheets

- **Nature's Earth Beetroot Crisps**

These are delicious with a capital 'D'! Beetroot is highly reputed for its liver cleansing capabilities and these little crisps are all beetroot. Produced by The Real McCoy Snackfood Company, Blacktown, Sydney.

- **All Natural Corn Chips – Beetroot or spinach**

Now if the Beetroot crisps above are too much for the kids, they will never suspect these corn chips are made from vegies. But remember the cone of silence about the secret ingredients. Gluten-free, free from additives and sugar these are a real lunchbox and snack find! Go to www.mexicocityfoodproducts.com.au

- **Easiyo**

Great option for yoghurt lovers and also good for bubs and kids. Ingredients are listed as; Pasteurised milk solids (98%) from free range cows, live lactic cultures (L.bulgaricus, S.thermophilus, Lacidophilus) *contains natural lecithin.

- **Naturally Good Gluten free rice carob bites**

These are a great little offering for children who haven't been exposed to chocolate as yet. Made from brown rice, they are gluten-free and caffeine-free, they have no added sugar or salt, are GE free and additive free.

- **Wallaby Bars – Macadamia and Ginger**

All natural, gluten free, no added sugar, GMO free, dairy free, no nasties and a great source of fibre and calcium. The list of benefits go on, they are also a good source of polyunsaturated fats and what is more they divine, even the kids will enjoy them.

- **Freedom Foods 100 Healthy Calories, Fruit Strips**

These are fairly new to the market, they have no saturated fat, no added sugar are made from 100% pure fruit, have a low GI of 29, are a good source of antioxidants such as vitamin C and selenium.

- **Mother Earth fruit bars**

If you are stuck for a muesli type bar for a lunch box you could try these, they have reasonable protein to help fill up tummies and real fruit.

- **Dick Smith Bush Muesli**

This is a great find, not as expensive as the average muesli, GMO free, no artificial stuff so good for the kids and while it has some added sugar it is still reasonably low in simple sugars, as well as low in saturated fat and salt.

- **Verdi deli Soy and linseed snacks by Paradise**

Yeah! A cracker with no added sugar or additives, not easy to find. They are a bit high in saturated fat but very low in simple sugars.

- **Pure harvest Organic rice crackers**

Made from organic brown rice so are gluten free, does have a little salt (144mg per 100g).

- **Tridant dates**

Dates are a good source of calcium and this brand is 100% preservative free.

- **Angus Park sun dried sultanas**

Again a good dried fruit free from preservatives.

- **Nimbin cheese**

We LOVE this cheese in our home, it is what I call 'pure' and made from non-animal rennet.

- **Jalna fruit yoghurt range**

I cheered when I found that Jalna fruit yoghurts have no added sugar, which meant even my baby could enjoy this range; they are great for whole family.

- **Vaalia yoghurts**

Packed full of four probiotics and low-fat these are great for the weight conscious adult

- **Bornhoffen yoghurts**

Proven to have high levels of acidophilus upon opening, this is how a real yoghurt should taste! Perfect as a starter yoghurt of babies and for the whole family, it is my personal favourite yoghurt.

- **Sunraysia Sparkler cranberry drink**

Delicious refreshing drink with no added sugar or preservatives, and is 30% cranberry juice.

- **Melrose 100% Almond Spread**

Low saturated fat, high good fats, high calcium and magnesium and loads of potassium for healthy nerves

- **Pureharvest Organic Popcorn**

Corn is one of the crops that can be hard to tell if you are eating untampered sources, so why not buy a brand that you know you can trust, an extra healthy snack.

- **Sacla Originale sauce for Bolognese**

This is a beauty for fussy eaters, made from real vegies and red wine (no alcohol is left after cooking), uses real olive oil not vegetable oil, the only added in is an acidity regulator and modified corn starch, it contains no added sugar or salt, perfect for pastas, bolognaise, salsas and so on.

- **Baby Mum-Mum Rice Rusks**

Gluten-free, egg-free and free of all those nasties these are the rusks to use for your toddler, also fabulous as a handy snack for toddlers and upwards. Recommended for 12 months and over as they do have some dairy.

- **Naturally Organic Oat Slice**

One of the foods recommended by the FAILSAFE people (additive free diet), by the All Natural Bakery.

- **Khobz Pita Bread**

One of the foods recommended by the FAILSAFE people (additive free diet), all but the Original Souvlaki Bread are preservative and additive free, see www.mebfoods.com.au

- **Uncle Tobys Vita Brits**

For a brekky cereal for the whole family you can't go past this one. There are only two ingredients, whole wheat and a touch of salt, NO SUGAR, yes believe it folks!

NZ

- **Meadow Fresh**

Unsweetened yoghurt

I don't do greens but I LOVE sneakys!