



Are Carbs Good or Bad for Children?

What are carbs? Where can you find them and do they make us fat?

Carbs are good 😊 Children need them for energy and growth.

There are different types of carbs. You probably know carbs as potatoes, pasta, oats and grains, such as quinoa and rice. You can find carbs in almost every food.

Some are more wholesome and filling as they contain fibre, vitamins and minerals. Others are more refined and get digested more quickly.

Instead of giving your children fast-releasing carbs, give them slower releasing carbs:

- Baked potato instead of french fries or crisps
- Oats instead of sugary cereals, such as cornflakes and rice crispies.
- Starchy root vegetables, bread and pasta made from different grains. Buckwheat, couscous, quinoa and fruit are examples of good carbs.

Children need 3-4 portions of carbs a day. Each meal should contain a wholesome source of carbs to fuel their little bodies with steady energy throughout the day.

Recipe

Quick Healthy Porridge

1 cup of grain (choose from rolled oats, millet, quinoa, rice flakes)

1 cup of dairy-free milk such as oat milk or rice milk

3/4 cup of water

- Put everything together into a saucepan, pop it on to a gentle heat and stir for about 5 minutes, until you have a creamy porridge.
- Dish it into your child's favourite bowl and add some stewed or fresh fruit to sweeten, such as plums, peaches, berries or bananas.

