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Healthy snacks to help your child concentrate

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ARE your kids knee-deep in assignments and studies? While it might be tempting to give in to their calls for junk food, chips, sweets and an array of other desperate snack pleads, it's always best to go the healthy route.

Specialist dietitian and Laager Rooibos partner, Mbali Mapholi, says it's important to start with a wholesome, nourishing breakfast.

Below are Mapholi's picks of some great study snacks.

- Homemade trail mix which has nuts, dried fruit, and seeds.
- Dark chocolate with over 75% cocoa for boosting brain function (one or two pieces is sufficient).
- Popcorn is a fantastic whole grain snack, but limit the salt.
- Apple slices with peanut butter provide a balance of simple carbohydrates, fats and protein.
- Frozen grapes are a refreshing, sweet and healthy snack.
- Mix together your favourite seasonal fruits. Put in a large bowl and refrigerate a few hours for the natural, sugary juices to mingle and marinate. This way, you can satisfy your sweet tooth healthily.
- Pretzels satisfy your carb and salt cravings with these.