

NOODLE CABOODLE

Nutrition during childhood is important for growth and development as well as being critical for good adult health. Research shows overweight children are more likely to become overweight adults. The food industry continually produces new instant food items for supermarket shelves, which it markets vigorously to children and adults.

Noodles

There are many types of instant noodles available, which are very popular with children for lunches or snacks. While many may see them as good choices for children, the reality is different. Most varieties are high in fat and sodium. Some noodles are already fried before packaging and the vegetable oil often used is palm oil, which is very high in saturated fat (an unhealthy type of fat). **Tests showed that one brand of 2-minute noodles had more fat than a KFC bacon and cheeseburger!** 98% fat free noodles are a lower fat option but it's important to note that some brands contain an entire days recommended intake of sodium, most of it in the flavour sachet.

Healthier quick options

- Soups
- Baked beans or spaghetti
- Banana rolled up in bread
- Marmite and cheese toasties
- Leftover pizza and pasta
- Pikelets, crumpets or weetbix and spread

If using 2 minute noodles its best to choose the low fat /low sodium variety and add a piece of fruit and low fat yoghurt to the lunch box.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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Te Pōari Hauora o Waitaha