

PEDS **NUTRITION CHALLENGE**



**FOODS
YOU NEED
TO KNOW**

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BAMBARA

Bambara nuts, affectionately known as okpa in Nigeria, are not actually nuts but rather grain legumes cultivated mainly in sub-Saharan Africa. Particularly prominent in North-Eastern Nigeria, they boast a variety of colors including black, dark-brown, red, white, and cream.

Considered a "complete food," Bambara nuts are rich in carbohydrates, protein, fat, fiber, and an array of essential minerals including manganese, potassium, fluoride, zinc, selenium, sodium, iron, and copper. Additionally, they offer a fair amount of calcium and lower levels of phosphorus and magnesium.

Bambara nuts are recognized as a complete protein source as they contain all essential amino acids in varying proportions.

Versatile in culinary applications, Bambara nuts can be utilized in baking, used to prepare dishes like moi-moi or okpa puddings, employed as a thickening agent for sauces, or simply enjoyed as a nourishing porridge.

BLACK SEED OIL

Black seed oil is known for its high antioxidant content, making it essential for boosting immunity. It aids in cell regeneration, promoting healthy skin and hair growth, and provides vitamins and minerals in concentrated amounts. Additionally, it offers relief for respiratory and breathing issues.

For usage, adults can take 1 tablespoon daily, while children aged 6 months to 1 year can take half a teaspoon daily. However, long-term use is not recommended. If using to improve health, limit usage to a maximum of 2 months consecutively.

It is best to use black seed oil 2-3 times a week or when the child is exposed to conditions that may compromise their health. However, individuals on blood thinners or with bleeding issues should avoid black seed oil, especially before surgery.

FONIO

Fonio, also known as Acha locally, is a gluten-free grain belonging to the millet family. It boasts high fiber and nutrient content, including iron, protein, folic acid, and essential amino acids. Moreover, it has a low glycemic index and is easily digestible.

Fonio is incredibly versatile, lending itself to various culinary uses. It can be utilized to prepare breakfast porridge, jollof rice, stir-fry dishes, and even as a swallow.

Additionally, Fonio Flour offers a wide range of applications, including baking, making pancakes, preparing swallow, and thickening sauces.

BAOBAB FRUIT POWDER

Baobab fruit powder, also known as kuka in the north, is the dried fruit pulp of the Baobab tree. It is exceptionally rich in bioavailable Vitamin C and calcium, making it a valuable nutritional supplement. Moreover, it contains high levels of prebiotic fiber, which support the growth of healthy gut bacteria.

With its sweet and tart flavor profile, Baobab fruit powder can be enjoyed in various ways. You can use it as a milk substitute, add it to smoothies, sauces, or simply mix it with water for a natural energy drink.

BAOBAB SWEETENER

Baobab sugar is a blend of Baobab and Dates Fruit Powder, serving as both a sweetener and a milk replacement. Rich in Vitamin C and calcium, it offers nutritional benefits.

You can incorporate it into various dishes, including cereal, pap, juices, smoothies, and more. It's a versatile ingredient that you're sure to enjoy.

DATE CHOCO POWDER

Dates Choco is a perfect blend of Raw Cocoa and Dates Powder, offering a natural, delicious, nutrient-dense, and guilt-free chocolate beverage. It serves as an excellent replacement for regular chocolate beverages laden with preservatives, additives, and sugars.

This beverage is a rich source of plant protein and iron.

Ingredients: Cocoa Powder, Dates Fruit Powder

IMMUNITY MIX

Our Immunity Boost Mix is a perfect blend of immune-boosting spice powders - turmeric, black pepper, ginger, Ceylon cinnamon, and cayenne pepper.

It can be used to make golden milk, homemade immunity shots, electrolyte sources (powdered herb mixed with honey), and can be added to teas, juices, and smoothies.

DATES SWEETENER

Dates Sugar (Dates Fruit Powder) is a natural sweetener made from dried and ground dates fruit. It is a rich source of dietary fiber, iron, vitamin C, and potassium.

Our Dates Sugar is made from premium quality African dates and dehydrated at low temperatures to retain the nutrients.

Ingredients: 100% Dates Fruit

SPIRULINA

Spirulina is a natural "algae" (cyanobacteria) found in lakes and regions around lakes. It is an incredible source of easily digestible plant protein, being one of the purest and highest sources available. When harvested correctly from non-contaminated ponds and bodies of water, it is one of the most potent nutrient sources available.

It is also an immune booster and superfood, containing concentrated amounts of vitamins and minerals in varying amounts. Spirulina is a good source of iron, acts as a heavy metal detoxifier, and is very easily digestible.

Simply put, what you cannot get from your diet, spirulina will provide and supplement.

NATURE'S BURST

Nature's Burst is a perfect blend of flaxseed, sesame seeds, hemp seeds, chia seeds, and more, all aimed at providing the body with enough healthy fats and proteins.

Nature's Burst helps nursing or breastfeeding mothers heal naturally and boost breast milk production.

It is a great power-packed protein source for children who are allergic to nuts or dairy, and it also provides calcium, magnesium, amongst other minerals that aid healthy living. To use this, 2-3 tablespoons can be taken alone or added to smoothies, cereals, bakes, etc.

JAGGERY

It's made by boiling down pure, unrefined sugarcane juice until it solidifies and then milled into a powder. It contains antioxidants, calcium, magnesium, and high amounts of iron compared to other plant-based sources of iron.

Just one teaspoon provides about 4% of your child's daily iron requirement. However, since it is still an added sugar, portion control is key. It is also suitable from 9 months and can be used to sweeten anything!

NUTS & SEEDS MIX

This is a powdered mix of pure cashew, groundnut, and sesame seeds. It is a perfect blend of omega-3 and omega-6 fatty acids, calcium, proteins, vitamins A, B, and E. This can be added to cereals, porridges, smoothies, baked goods, or sauces.

GLUTEN FREE FLOUR

It is a unique blend and versatile option for baking and pancake making. These mixes showcase different blends of superfoods like nutrient-rich Fonio (acha), protein-packed Bambara, vitamin-laden Baobab, and fiber-filled Chia seeds, along with easily digestible sorghum.

This unique combination not only caters to dietary restrictions but also offers a nutritional boost, making your culinary creations both delightful and health-conscious.

ALL PURPOSE OR WHOLE WHEAT FLOUR

These are gluten-based flours that are fantastic for baking or making cereals. Both flours are bland and take on the flavor of the other ingredients used in baking. Gluten flour has a good binding quality that helps create easy and fluffy bakes. The difference between the two flours is that wheat flour has more fiber and nutrients, while all-purpose flour provides a smooth finish for bakes.

LION'S MANE POWDER

Lion's Mane mushroom is a distinctive white, shaggy-looking fungus with numerous cognitive and health benefits. Rich in bioactive compounds like erinacines and hericenones, it's associated with promoting nerve growth and cognitive function, thus enhancing memory and brain development.

It's valued for its potential to support brain health, memory, and nerve regeneration. Additionally, Lion's Mane is a source of protein, fiber, and various vitamins and minerals, contributing to its potential role in boosting the immune system and overall well-being.

BABY FOOD SPRINKLER

This delectable combo is made from Bambara, Soya-bean, and Dates. It's a great blend of rich protein and minerals that can be added directly into a meal without cooking. Called a "sprinkler" because even small doses pack a punch of protein, calcium, zinc, iron, potassium, and magnesium. Can be added to cereals, swallow, smoothies, and beverages.

LENTILS

Lentils, often referred to as pulses, belong to the legume family, which also includes beans, chickpeas, fresh peas, sugar snap peas, and snow peas. Lentils, boasting higher protein content compared to beans, offer significant nutritional value. They are low in fat and high in fiber, making them easy to digest compared to soybeans. Additionally, lentils are rich in B vitamins, magnesium, zinc, iron, and potassium.

BULGUR

Bulgur is a cereal grain made from parboiled, cracked wheat. It shares a texture similar to couscous and boasts a mild flavor often described as nutty or earthy. Being a whole grain, Bulgur includes the entire wheat kernel—germ, endosperm, and bran—providing all the plant's nutrients.

Rich in minerals like manganese, magnesium, iron, protein, and fiber, Bulgur serves as a nutritious alternative to rice or pasta.

COUSCOUS

Couscous is a small pasta made from durum wheat semolina flour and water. It's a notable source of fiber, selenium, and plant protein, with 1 cup of cooked couscous providing as much protein as 1 egg. Low in fat and rich in B vitamins and minerals, it pairs well with beans or lentils to create a complete protein and balanced meal.

Quick to prepare and requiring minimal cooking, couscous is a convenient addition to any dish.

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