

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.

MUSHROOMS POWDER

Mushrooms whether fresh, dried, or powdered are nutrient-dense fungi valued for their unique flavour, low calories, and powerful immune-boosting properties. They are rich in B vitamins, selenium, copper, and vitamin D (especially when exposed to sunlight), and contain beta-glucans and antioxidants that support brain, heart, and immune health.

At Nutrition4KidsNG, we feature Lion's Mane, known for supporting nerve growth and cognitive development, and Oyster mushrooms, which offer high-quality plant protein and anti-inflammatory benefits. Mushrooms can be added to stews, sauces, rice, or stir-fries, smoothies making them a flavourful and functional addition to child and family meals.

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.

EGUSI (MELON SEED)

Egusi is made from the seeds of melon plants and is known for its rich, nutty flavor. It's a powerhouse of plant protein, healthy fats, and key minerals like iron, zinc, selenium, and magnesium.

Rich in essential amino acids such as arginine and methionine, egusi supports immune function, growth, and energy. Its natural oils also aid in the absorption of fat-soluble vitamins.

Commonly ground into a paste or powder, egusi can be used to thicken soups, make spreads and even in baking; making it a smart choice for children, breastfeeding mothers, and the entire household.

OGBONO SEED

Ogbono, also known as wild mango or bush mango seed, is a nutrient-dense ingredient rich in healthy fats, especially omega-6 fatty acids, along with fiber, protein, magnesium, iron, and potassium.

Its natural mucilage gives soups a thick, slippery texture while offering digestive benefits and helping with appetite control.

Ogbono also supports heart health and energy production. Blended into soups or stews, ogbono is a versatile and culturally relevant way to boost nutrition in both child and adult meals. Ogbono seeds may help regulate blood sugar due to its mucilage, making them a smart option for families managing energy dips or early metabolic concerns.

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.

SORGHUM (GUINEA CORN)

Sorghum, also known as guinea corn or dawa, is a gluten-free whole grain widely used in many Nigerian households. It is naturally rich in iron, B vitamins, magnesium, and antioxidants that support brain development, immunity, and energy metabolism.

With a low glycemic index, sorghum helps regulate blood sugar levels, making it a smart choice for both children and adults. It is commonly fermented into pap (ogi/akamu) or milled into flour for baby cereals and baked goods. Sorghum is also a staple in many East and Southern African countries, where it's prized for its drought resistance and role in traditional weaning foods.

GROUNDNUT (PEANUT)

Groundnut, also known as peanut, is a legume with a nutrient profile that rivals many tree nuts. It is rich in protein, healthy fats, and fiber, supporting heart health, energy balance, and muscle development. Just a small handful offers over 7g of protein, similar to one egg, along with vitamin E, magnesium, folate, and niacin nutrients essential for brain and nerve function.

Groundnut also contains monounsaturated fats, the same heart-healthy fats found in olive oil. When eaten in moderation, it makes for a nourishing snack. Whether roasted, made into peanut butter, or added to soups and sauces, groundnut remains a staple in Nigerian homes and across West Africa, where it is also used in weaning blends and school snacks.

COWPEA (BEANS)

Cowpea, locally known as beans in Nigeria, is an affordable, nutrient-rich legume widely consumed across West Africa. It provides iron, zinc, folate, fiber, and B vitamins, supporting growth, brain development, gut health, and reducing the risk of anemia.

Whether prepared as porridge, moi moi, or beans and rice, cowpea offers slow-release energy and helps regulate blood sugar thanks to its high fiber content. In Nigeria, two common varieties include ewa oloyin (honey beans), known for their naturally sweet taste, and brown beans (ewa drum), which have a firmer texture and deeper flavour. Both play a key role in child nutrition and everyday meals.

PIGEON PEA

Pigeon pea, also called fiofio in parts of Nigeria, is a traditional legume that offers impressive nutritional value. It's rich in plant protein, iron, potassium, magnesium, and folate. All nutrients that support red blood cell production, muscle function, and overall growth.

Its slow-digesting starch helps maintain steady energy levels, making it ideal for both children and adults. When paired with grains like rice or corn, it forms a complete protein. Pigeon pea is widely used in local dishes not only in Nigeria, but also across East and Southern Africa, including Kenya, Tanzania, and Malawi, where it's valued for both its flavour and resilience in dry climates.

BREADFRUIT

Breadfruit is a starchy tropical fruit rich in complex carbohydrates, fiber, and vitamin C. It also provides potassium and small amounts of calcium, iron, and B vitamins. When cooked, it has a soft, bread-like texture and can be boiled, roasted, fried, or mashed. Breadfruit is especially valuable in regions where food insecurity is high, as it is energy-dense and filling. Its resistant starch supports gut health and keeps blood sugar stable, making it a suitable option for both children and adults.

UGBA (OIL BEAN SEED)

Ugba, also known as African oil bean seed, is a traditional fermented food popular in Eastern Nigeria. It is rich in protein, healthy fats, iron, and essential amino acids. Fermentation enhances its flavor and nutritional quality, especially by improving digestibility and introducing beneficial bacteria. Ugba is commonly used in local salads or soups and offers a unique combination of traditional taste and nutritional value that supports gut and immune health.

SOYABEANS

Soybeans are one of the richest plant-based protein sources, containing all essential amino acids. They are also a good source of calcium, iron, magnesium, and omega-3 fats. Soybeans support growth, brain development, and hormonal balance. When processed into milk, flour, tofu, or fermented foods like soy paste, they provide versatile options for family meals. Please avoid giving it to your child if they're allergic to it.

TIGERNUT

Tigernut, despite its name, is not actually a nut but a small root vegetable bursting with nutritional goodness. Rich in fiber, magnesium, iron, potassium, and vitamin E, tigernut supports digestion, heart health, and immunity while offering a natural sweetness that makes it versatile.

Its standout feature is its high resistant starch content, a type of prebiotic fiber that feeds the good bacteria in your gut, promoting better digestion and smoother bowel movements. Tigernut also contains natural sugars and healthy fats, making it an energy-boosting snack. It can be enjoyed raw, roasted, as milk (kunu aya), or ground into flour for baking, tigernut bring both nourishment and flavor to your meals especially for those avoiding gluten or nuts.

SWEET POTATO

Sweet potato is more than just a staple, it's a powerful root crop rich in complex carbohydrates, beta-carotene (a precursor to vitamin A), vitamin C, potassium, and dietary fiber. The orange-fleshed variety, in particular, supports vision, immune health, and proper growth in children. With its natural sweetness and versatility, it can be roasted, mashed, boiled, or added to porridges and stews. Its high antioxidant content helps combat oxidative stress, making it an excellent addition to everyday meals, especially for young children and pregnant women.

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