



Toddlers and pre-schoolers

A balanced diet is of the utmost importance at this stage of the developing child's life.

- Omega-3 fatty acids
- Protein
- Calcium

Omega-3 fatty acids

The human brain develops rapidly during infancy. Oily fish contains Omega-3 fatty acids, an essential component that boosts the natural development process of the brain.

Development

From birth to the early 20s, Omega-3 is one of the most important factors in the development of the brain and nervous system.

Function

It is essential for brain function, including concentration and learning abilities, memory retention and moods.

Blood cleanser

It acts as a blood cleanser, making the blood more fluid and allowing more oxygen to the brain.

Protein

Toddlers should have at 2 servings of protein per day. These are the building blocks of the body and essential to their growth.

- Growth
- Animal protein
- Fish

Growth

We need protein for growth, body building and for repairing worn out or damaged tissues, especially bone cartilage and muscle.

Animal protein

Animal proteins are better than plant proteins, and the best sources are cheese, eggs, fish, meat and milk – these are complete proteins.

Fish

Fish is better than meat as the prime protein in fish is much more easily digested than that in meat and it is cheaper.

Calcium

- Vital
- Fish bones

Vital

Calcium is a mineral that is vital for strong bones and teeth. From birth to age 18 bones are forming and growing and calcium is essential for that.

Fish bones

The bones in Lucky Star are so soft that even a toddler can eat them - so either eat the fish as it is, bones and all, or mash the bones in with their sauce. Do not throw the bones away - they are a valuable source of calcium.