

GREAT START

Get your little one off to a great start to the day with Only Organic's Junior Cuisine Oatie Apple Breakfast. It's packed with oats for long-lasting energy, organic apples, quinoa, sultanas and tasty cinnamon. Toddlers will love it, plus it'll give them a fix of protein, iron, calcium, zinc and vitamin E. Pick a few jars up next time you're shopping for just \$2.15 each.



FRUITY FIX

When kids are out and about, they need to keep their energy levels up. Uncle Tobys is a tried and true favourite when it comes to school snacks, and kids will love the new Uncle Tobys Fruit Fix. The best part is, they're 99 percent fruit! Look for them at the supermarket for \$4.99.



THE BIG QUESTION

CAN PROBIOTICS HELP WITH DIARRHOEA?

Probiotics are living micro-organisms (bacteria or yeast) that bestow a beneficial health effect when administered in large enough amounts. There are over 500 species of bacteria that inhabit the gastrointestinal tract. These help to keep out disease-causing bacteria and maintain a healthy immune system. You'll find probiotics in your supermarket in fermented milk drinks and yoghurts, plus in health food stores and pharmacies as capsules and powders.

There is now good evidence that certain probiotics may reduce the risk and duration of some types of diarrhoea. A group of Australian gastroenterologists reviewed the scientific evidence on probiotics and their effects on disease. They found there's a strong suggestion that probiotics work in certain diarrhoea-causing conditions. Probiotics are most effective in managing viral-triggered diarrhoea, especially rotavirus, a common cause of severe diarrhoea in children. The probiotic strain *Lactobacillus rhamnosus GG* has been found to reduce the duration of rotavirus diarrhoea by 1.2 days, when given with rehydrating fluids. This probiotic strain can be found in some commercially available yoghurts.

The reviewers also found *Lactobacillus rhamnosus GG* and *Saccharomyces boulardii* may reduce the likelihood of developing diarrhoea from taking antibiotics. *Lactobacillus rhamnosus GG* was also found to be helpful in managing travellers' diarrhoea.

Probiotics are most effective when given early in the stages of illness and at daily doses of at least 10 billion colony-forming units (CFU) per day. Some, but not all, probiotic foods disclose the amount of live bacteria (or CFUs) they contain. You'll need to become an active supermarket sleuth to seek out the CFU count and the specific probiotic strains which benefit the diarrhoeal illnesses mentioned above. Seek and you shall find!

Vanessa Schuldt is an accredited practising dietitian and nutritionist.

Visit nutritionspeak.com.au for more.



MESSY MATE

Self-feeding has become easier and a little less messy for toddlers with the My Plate-Mate. Designed to help stop food spilling over the edges and falling onto the floor, it has a flexible barrier that clicks onto a child-sized plate. Available in pink, blue or white for \$16.95, it's completely dishwasher safe. Go to roseandlily.com.au for stockists.

80%

OF PARENTS SAY THEIR CHILDREN HAVE REQUESTED A FOOD ITEM AFTER SEEING AN ADVERTISEMENT OR PROMOTION



FIVE WAYS TO GET KIDS TO EAT VEGIES

- 1 BE A GREAT ROLE MODEL** Let your kids see you enjoy a wide variety of vegies. Research shows that when parents eat more, kids are more likely to follow.
- 2 DON'T GIVE UP** Many children need to be familiar with foods before they will eat them, so they should see them often and observe you eating them regularly.
- 3 STEP BACK & RELAX** Avoid applying pressure to eat vegetables; it only makes children associate them with unpleasantness.
- 4 THINK OUTSIDE THE SQUARE** Raw or lightly steamed vegetables make a great snack to dip into mashed avocado or cream cheese.
- 5 LAY A GREAT FOUNDATION** Introduce your baby to a wide variety of vegetables from the moment they are ready. In doing so you lay a solid foundation for their relationship with vegies in the future.

Karen Kingham is a dietitian. Go to raffertysgarden.com for more.