



# Nutrition Nuggets

## Healthy Fatty Foods: Why Toddlers Need Them in their Diet

Serving healthy fat foods to kids is vital for their growth and development. All toddlers need fat in their diet to help them grow. In fact, fats should make up half of a baby and toddler's daily calories until the age of two for proper brain and body development, so it's important to include healthier fats at most meals and snacks.

### Three Main Types of Fats



- **Unsaturated Fat** - Unsaturated fats, which are liquid at room temperature, are considered beneficial fats because they can improve blood cholesterol levels, ease inflammation, stabilize heart rhythms, and play a number of other beneficial roles. Unsaturated fats are predominantly found in foods from plants, such as vegetable oils, nuts, and seeds.
- **Monounsaturated Fats** - are found in olive, peanut, and canola oils, avocados, nuts such as almonds, hazel nuts, and pecans and seeds including pumpkin and sesame seeds.
- **Polyunsaturated Fats** - are found in sunflower, corn, soybean, and flaxseed oils, walnuts, flaxseeds, fish, and canola oil (which also has monounsaturated fats). Omega 3 fats are a type of polyunsaturated fats that we must get from food. A good way to get enough of these is to aim to eat fish 2-3 times per week, and/or to incorporate flaxseed, walnuts, and canola or soybean oil.
- **Saturated Fat** - Saturated fat is mainly found in animal foods, but you'll also find it in plant foods like coconut, palm oil, and palm kernel oil.
- **Trans Fat** - Trans fatty acids, or trans fats, are made by heating liquid vegetable oils in a process called hydrogenation. This process helps oils be shelf stable longer and withstand heat repeatedly. You'll see it on labels as "partially hydrogenated" oil.

The "good" fats are the monounsaturated and polyunsaturated fats, which fall under unsaturated fats. You'll want more of those in your diet proportionally than saturated or trans fat. Fats help our bodies absorb crucial nutrients like Vitamins A, D, E, and K, and are key in building our central nervous systems. Eating them regularly can help one's digestive system as well. This is why it is crucial for little ones to have a well balanced diet including good fatty foods. They can also make food taste better, which can help the kids actually eat it, and keep us full longer with more balanced energy.

From [yummytoddlerfood.com](http://yummytoddlerfood.com)



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## Wild Salmon Salad Sandwich

14.5 ounce canned wild salmon  
1/4 cup Plain Greek yogurt  
1 t. Dried Parsley  
2 T. Relish  
1 T. Dijon mustard  
Bread, Crackers, or Cucumbers for serving, as desired

Drain the liquid from the canned salmon. Add all ingredients to a bowl. Mix well with a fork to combine thoroughly. Serve on toast or as a dip with dippers.



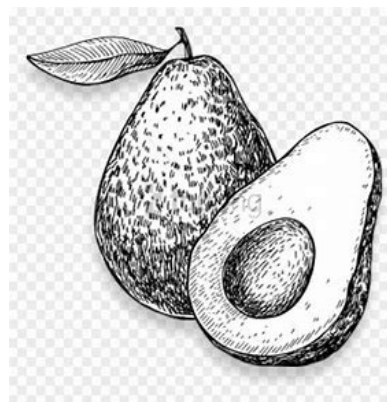
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## Good Fatty Foods

Here is a list of some good fatty foods you can try and incorporate in children's diets, whether it be using a food high in fat as an ingredient in a meal or eating it by itself.

- ◆ Peanut and Regular Butter
- ◆ Avocado
- ◆ Cheese
- ◆ Chia and hemp Seeds
- ◆ Coconut oil and cream
- ◆ Eggs
- ◆ Olive and Sesame Oil
- ◆ Whole Milk
- ◆ Yogurt
- ◆ Salmon



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