



WHOLEMEAL DATE AND WALNUT LOAF

Makes 1 loaf (approximately 10 serves)

\$4.15 per loaf

Preparation time: 15 minutes

Cooking time: 50 minutes

Ingredients

- 2 eggs, lightly beaten
- 1 cup dates, pitted and chopped
- 3 tbsp margarine spread
- 1 cup brown sugar
- 1 cup water
- ½ cup unsalted walnuts, chopped
- 1 cup self raising flour
- 1 cup wholemeal flour
- 1 tsp baking powder
- Olive oil spray
- Icing sugar for dusting

Method

1. Preheat oven to 180°C.
2. Place dates, margarine spread, sugar and water in a saucepan and stir over medium heat, gently bringing to a boil. Remove from heat and set aside to cool.
3. Place mixture into a bowl and add eggs, walnuts and wholemeal flour, then sift over the self raising flour and baking powder.
4. Spray a 15cm x 25cm loaf tin with spray oil, line with baking paper and spoon in the mixture.
5. Place into the oven and bake for 45 – 50 minutes or until fully cooked. Remove from the oven to cool for 10 minutes before turning out onto a cooling rack.
6. Dust with icing sugar, slice and serve.

Tip: Great served with reduced-fat cream cheese.

NUTRITIONAL ANALYSIS (not including toppings)

Serving size: 112g

	QUANTITY PER SERVE	%DI / RDI*
Energy	1345kJ	20%
Protein	5.7g	29%
Fat, Total	11.6g	n/a
- Saturated	3.8g	n/a
Carbohydrate	47.8g	n/a
- Sugars	29.0g	n/a
Dietary Fibre	4.3g	24%
Sodium	220mg	10%
Folate	25µg	13%
Iron	1.6mg	16%
Vitamin A	80µg	20%

* Source: Recommended Dietary Intakes and Adequate Intakes for 4-8 years, NHMRC Nutrient Reference Values for Australia and New Zealand, 2006.

¹Health and Medical Research Council. Australian Dietary Guidelines 2013. http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_130530.pdf

²Better Health Channel http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Overweight_children_healthy_lifestyle_tips

³South Australia Health <http://www.health.sa.gov.au/pehs/srer-award/goodnutrition-srer-sahs-1005.pdf>

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For more delicious, healthy recipe ideas, visit www.eggs.org.au



Eggs have the Tick because they are a nutritious food. The Tick helps all Australians make healthier food choices.

The Tick is not designed for the treatment of health issues. People with health concerns should seek dietary advice from their doctor or dietitian



SETTING CHILDREN ON THE PATH TO GOOD NUTRITION



We all want our children to grow up healthy and happy. Teaching our children how to eat well puts them on the life-long road to good nutrition. So how can you encourage your kids to be healthy eaters?

A HEALTHY, BALANCED DIET

The National Health and Medical Research Council of Australia (NHMRC) recommends children and adolescents maintain a varied diet which includes the five main food groups¹.

1. Vegetables

Offering your child a wide variety of coloured veggies will provide them with a range of vitamins and minerals, not to mention fibre. The recommended number of serves daily increases with age with young children needing two and a half serves and adolescents needing up to five/five and a half serves of vegetables¹.

2. Fruits

Like vegetables, fruits provide vitamins, minerals and fibre. Younger children require one to one and a half serves a day with adolescents needing two serves a day¹.

3. Grain (cereal) foods

Breads, cereals and grains are essential for healthy growth because they provide your child's body with energy and are a key source of B vitamins, needed for energy release. Choose low glycaemic index (GI) carbohydrates, including options such as brown rice and wholemeal pasta².

4. Lean meat, poultry and alternatives

Foods in this group include lean red meat, white meat, fish, eggs, legumes and nuts. The recommended number of serves from this group daily for children and adolescents is one to three and a half. These foods are important sources of protein, iron, zinc and omega-3 fatty acids.

5. Dairy

Dairy is the main source of calcium for your child, which is important for strong bones and teeth. Reduced-fat milks are not suitable for children under two years because of their high energy needs, but reduced-fat varieties are encouraged for older children and adolescents.

WHAT DOES A SERVING LOOK LIKE?

Vegetables	1 cup of salad ½ cup cooked vegetables
Fruit	1 medium piece of fruit 2 small pieces of fruit
Grain (cereal) foods	1 slice of bread ½ cup of cooked rice, pasta or noodles
Lean meat, poultry and alternatives	65g cooked lean red meat 2 large eggs 100g cooked fish
Dairy	1 cup of milk ¾ cup of yoghurt 2 slices (40g) of cheese

Aim to minimise foods that contain large amounts of fat, sugar and salt. We know that children love their treats – try to reserve them as sometimes foods for special occasions.

FOODS TO LIMIT

Cakes	Takeaway foods
Biscuits	Chocolate
Snack foods like potato chips/crisps	Soft drinks
	Cordial

DON'T BE DISCOURAGED BY REJECTION!

Australian research has found that parents can offer an individual food up to 10 times before their child will choose to eat it. However, around half of parents only persist two or three times before giving up on that food altogether. You can do it, just keep trying.

IT'S NOT JUST ABOUT WHAT KIDS EAT

Providing your child with the nutrients they need to develop will allow them to reach their physical and mental potential. However, it's important that other ways of maintaining good health aren't ignored.

THREE SIMPLE STEPS TO COMPLEMENT GOOD NUTRITION

1. Drink water

Children over 2 years of age are encouraged to consume water as their primary drink source. Tap water is best as it contains fluoride which helps to protect teeth².

2. Get active

The primary school years are a great time to help children develop positive physical activity habits. You can help your child find fun ways to move by encouraging active play, such as running, skipping or getting involved in sport².

3. Set routines and get involved

Try to involve your child in preparing meals and establish a regular time and place for eating as a family. Children are more likely to eat foods they have helped to plan, choose or make.

It's equally important to pay attention to hydration and physical activity. Both work together hand-in-hand with good nutrition to keep our kids healthy.

THE GOOD NEWS ABOUT EGGS

Eggs are fun to eat, versatile and tasty – an important factor when dealing with fussy eaters. Eggs are a highly nutritious food, a natural source of 11 different vitamins and minerals including vitamin A, iodine and omega-3 fatty acids and a good source of protein, which assists growth and development during childhood.

