

BRILLIANT BRAINS DIET

IF YOU WANT TO RAISE A SMART CHILD, YOU'VE GOT TO FEED HIS BRAINS WITH THE RIGHT FOODS! HERE'S WHAT HE CAN EAT TO BOOST BRAINPOWER!

The first 1 to 3 years of your child's life is the most important period for the development of his brain. Not only is the brain actively making connections from experiences received through the five senses, it is also reinforcing such brain-cell connections to facilitate memory and learning.

In order to support your child's brain development and help unleash his potential, it'd be good to start him on a steady diet of brain foods such as those listed below:

Lotus Seed

This seed packs a punch despite its small size! It is rich in protein, calcium, phosphorus, iron, niacin, potassium and manganese. Niacin, in particular, is essential for the proper functioning of the brain, as well as improving memory and concentration. It is recommended to chew the lotus seed whole, but if your child is still new to solids, mash them with porridge and let him adjust to the taste.



Apples

Now there's more to the saying, "an apple a day, keeps the doctor away". This is because apples are not only a good source of fibre, they also contain quercetin—a potent antioxidant even



Euryale Seed

Astringent yet sweet in flavour, Euryale seeds show beneficial effects



on mental performance too. They contain complex carbohydrates, that are the primary fuel source for the brain. The activity of forming connections and relaying messages throughout the body is mentally demanding and require lots of energy. The implications of insufficient glucose can affect areas of the brain associated with learning and memory. Hence, you need to ensure your child receives enough 'slow releasing' carbohydrates to keep his mind running on full tank as he plays and learns new skills.

Berries

Known for their antioxidant properties, berries protect your child's brain



from normal wear and tear caused by free radicals. They also help to improve cognitive function, so your child has better memory and attention. As a rule of thumb, the more brightly coloured the fruit, the more nutrient dense it is. Thus, don't limit yourself to choose just strawberries, blueberries and blackberries; choose mulberries and even wolfberries for more variety in your recipes and something new for your child's palate.

Eggs

Eggs are rich in choline, which plays an essential role in neurotransmission and brain development. It supercharges the brain cells, so they become faster at sending off electrical impulses. This helps your child to pick up and process new information quickly, which in turn elicits better memory recall. The best part about eggs is you can prepare them in a variety of ways so there are endless dishes to stimulate your child's appetite. **LWB**



Moon Rabbit Brand's Si Sen Brown Rice Powder has a balanced set of natural vitamins and minerals for your baby's healthy growth. Its Si Sen Formula contains nutrients from 4 food ingredients – Chinese yam, euryale seed, poria and lotus seed, that strengthen your baby's digestive system and build a stronger immune system. To top it off, its smooth texture makes it a perfect choice for your baby's first solid food!