



## School-going kids

According to recent studies, fish oil containing Omega-3 fatty acids can dramatically boost the performances of young kids at school.

### *Omega-3 fatty acids*

- Development
- Function
- Blood cleanser

#### **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*

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

#### *Protein*

- 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.