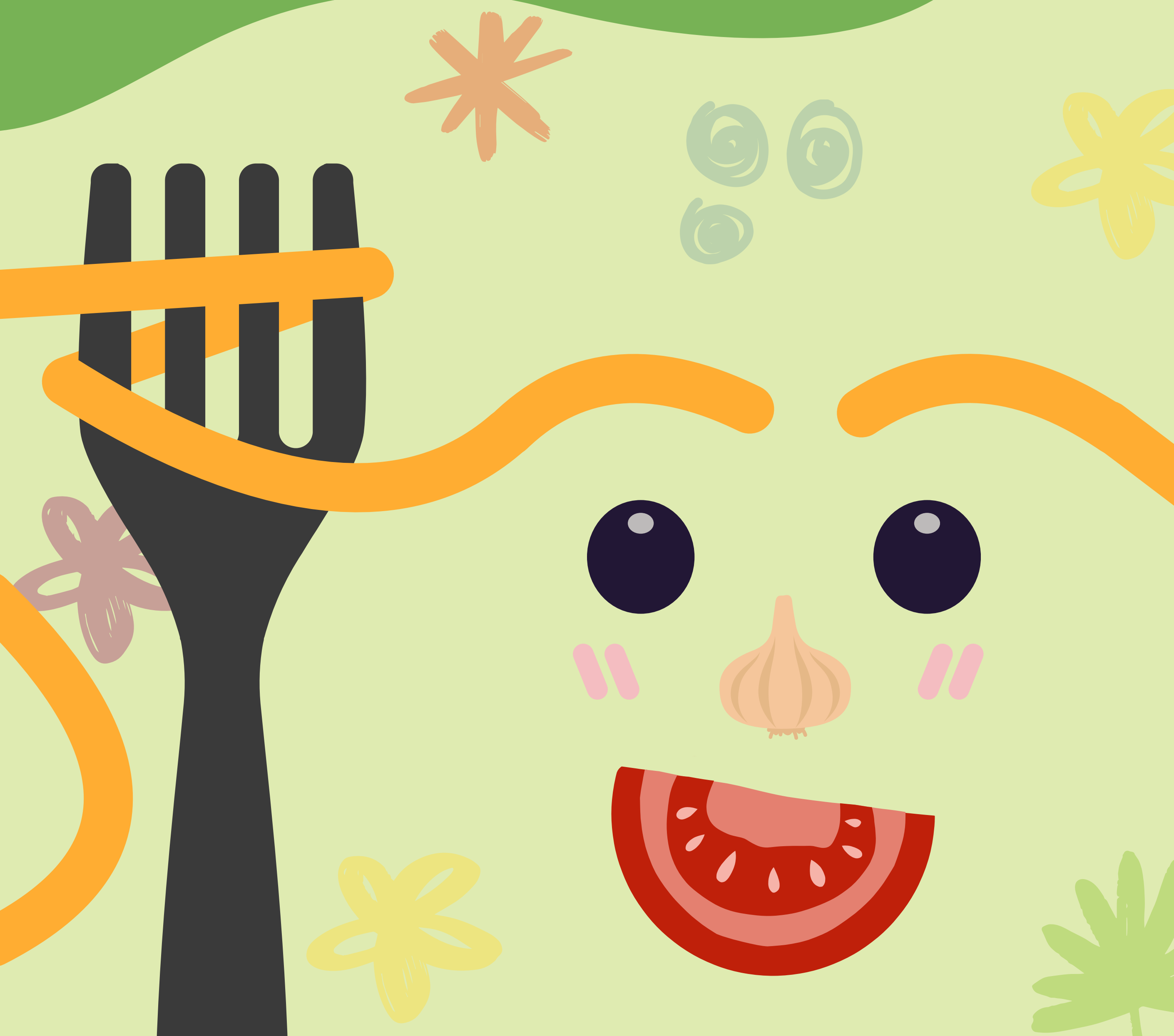




**COSTRUIAMO
SALUTE**

IL PIANO DELLA PREVENZIONE 2021-2022
DELLA REGIONE EMILIA-ROMAGNA

Guide and simple recipes

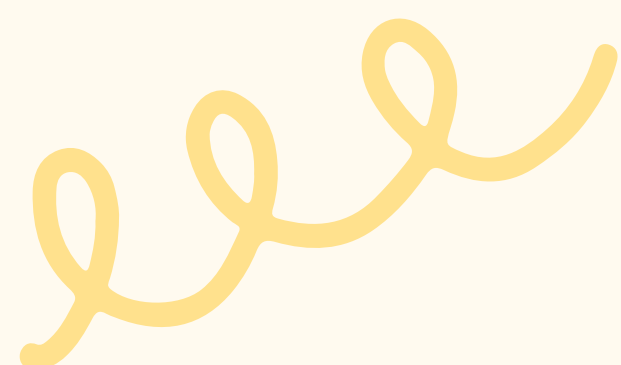




The AUSL of Bologna is actively committed to preventing and addressing childhood obesity through specialized programs involving pediatricians, nutrition specialists, biologists, dietitians, psychologists, physical education graduates, and sports medicine doctors.

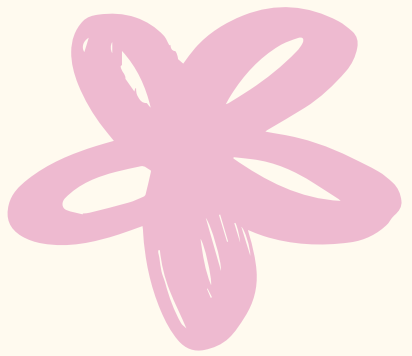
Realized by:
Unità Operativa Igiene Alimenti e Nutrizione
Director: Luciana Prete

Special thanks to *Alice Trezza*, biology fellow, for the development of this project, and to *Concetta Cecere*, communication fellow, for her collaboration.





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INTRODUCTION



This guide was created as a support tool for parents, aiming to promote the adoption of healthy eating habits and the development of a positive and peaceful relationship with food from early childhood.

It is a practical manual that not only provides basic knowledge about healthy nutrition but also offers simple and balanced recipes, because prevention starts in the kitchen, through conscious choices that begin at the table.

Childhood overweight and obesity are widespread conditions and represent a significant risk factor for future health. Childhood obesity is linked to an increased risk of developing conditions such as type 2 diabetes, hypertension, cardiovascular diseases and metabolic disorders in adulthood. Additionally, it can significantly impact a child's psychological well-being and overall quality of life.



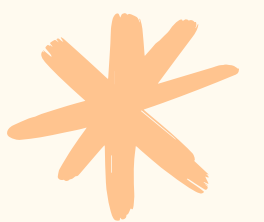


Why is a balanced diet important for children's health?

A healthy diet is essential for children's growth and development, as it provides the needed energy and nutrients for their physical and mental well-being. It's not just about managing weight but ensuring a proper intake of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals) that are crucial for the body's functions and healthy growth.

A varied and balanced diet helps strengthen the immune system, supports cognitive development and prevents nutritional deficiencies that could impact long-term health. Moreover, teaching children to make mindful food choices encourages lifelong healthy eating habits.

What does a healthy diet look like?



It is varied: Each food has unique properties, so including a wide range of foods not only enhances flavors but also helps prevent nutritional imbalance.



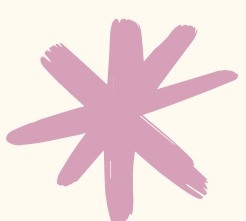
It is regular: Meals are distributed across three main meals (breakfast, lunch and dinner) and two snacks.

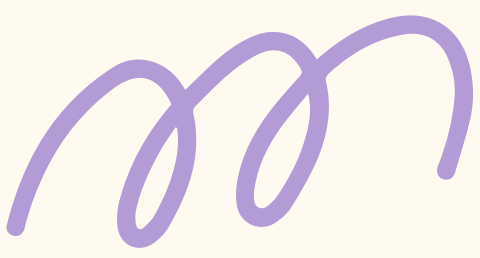


It follows the mediterranean diet pattern:

- 5 servings of fruits and vegetables daily;
- Whole grains, such as whole wheat bread and pasta, consumed in at least half of the meals;
- Olive oil is the primary seasoning;
- A variety of protein sources throughout the week: legumes, fish, eggs, white meat (poultry and rabbit) and dairy products;
- Limited consumption of red meat (pork, beef, lamb, horse) and processed meats (cold cuts, sausages, canned meats).

For recommended servings and frequency of consumption based on the child's age, refer to the tables on pages 12, 13 and 14.





8 practical tips to educate to healthy eating

1. **Involve children in the grocery shopping and the cooking:** encourage them to take part in choosing what to eat and preparing meals. They can help by stirring or measuring ingredients, shelling peas or washing fruits and vegetables.
2. **Be a positive model** by eating a wide variety of fruits and vegetables.
3. **Avoid using food as a reward or punishment:** instead, reward good behavior with stickers or a fun activity together.
4. **Avoid mentioning weight:** pressure related to weight and restrictive diets can increase the risk of eating disorders in the future. Instead, focus on promoting healthy habits, such as eating fruit and not skipping breakfast, along with regular physical activity, as these are much more effective.
5. **Don't give up after the first refusal,** but offer the same food at least 10-15 times, trying different preparations.
6. **Prepare the same menu for the whole family** to avoid giving children the impression that it's normal to have a different meal from everyone else.
7. **Teach that all foods can be part of a healthy diet,** as long as they are consumed in the right quantities. Strictly banning a food can make it even more desirable, while occasionally including it is the best way to avoid excess and teach moderation without imposing absolute restrictions.
8. **Organize meals so that they are a peaceful and shared moment,** sitting down together at the table without distractions such as the TV or other screens.

Sources: Guide lines for healthy eating. CREA, 2018
EUFIC
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Neumark-Sztainer, D. et al. (2010). Journal of Adolescent Health



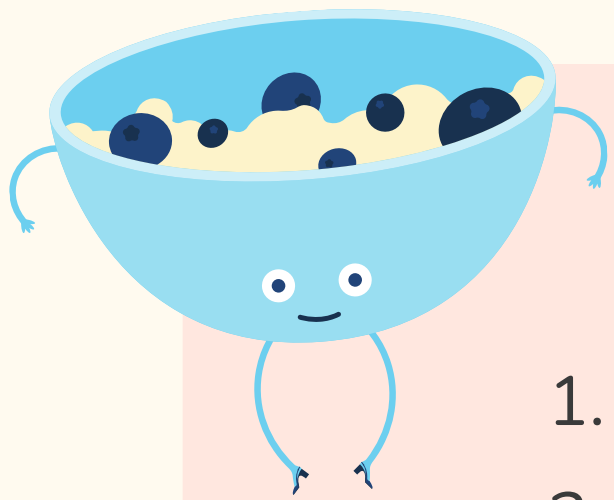
Breakfast

Breakfast is an essential moment of the day, as it provides children with the energy and nutrients they need to tackle their activities.

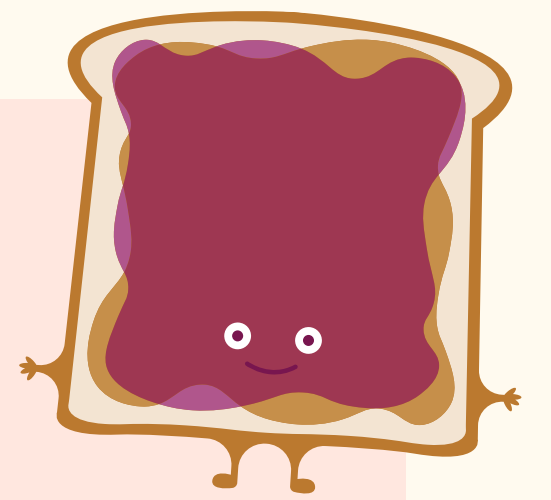
For a sweet breakfast, you can choose plain yogurt, fresh milk or nut, also in the form of spreadable creams such as 100% almond or 100% hazelnut spreads (Note: due to the choking hazard, for children under 4 years old, dried fruit should be offered only finely chopped, in small pieces, or as a spreadable cream).

These foods can be paired with biscuits, whole-grain bread with jam, rusks with jam, a slice of homemade cake or cornflakes and, possibly, seasonal fruit.

Breakfast doesn't have to be sweet: a savory option, like whole-grain bread with cheese or eggs, can also be a great choice.



10 ideas for breakfast



1. Bread, ricotta, and jam
2. Plain yogurt with muesli and fruit
3. Bread with nut cream + fruit + milk
4. Milk and biscuits/cornflakes + nut
5. Sandwich with ricotta, cherry tomatoes and olive oil
6. Oatmeal porridge with milk and fruit
7. Piece of homemade pizza or focaccia
8. Pancakes with fruit and chocolate
9. Bread with scrambled egg and orange juice
10. Bread with cream cheese



What if the child struggles with breakfast?

- Offer different breakfast options to spark their curiosity and appetite.
- Start gradually with small but nutritious breakfasts, such as a cereal bar and dried fruit or a small sandwich with cheese.
- Give them time by, for example, setting an earlier alarm.
- Avoid heavy meals in the evening to help stimulate morning appetite.

Lunch and dinner

Lunch and dinner are the other two key moments to ensure a balanced intake of nutrients. These meals are balanced when they include foods that provide macronutrients (**carbohydrates, proteins and fats**) and **vegetables**, which are sources of fiber, vitamins and minerals.

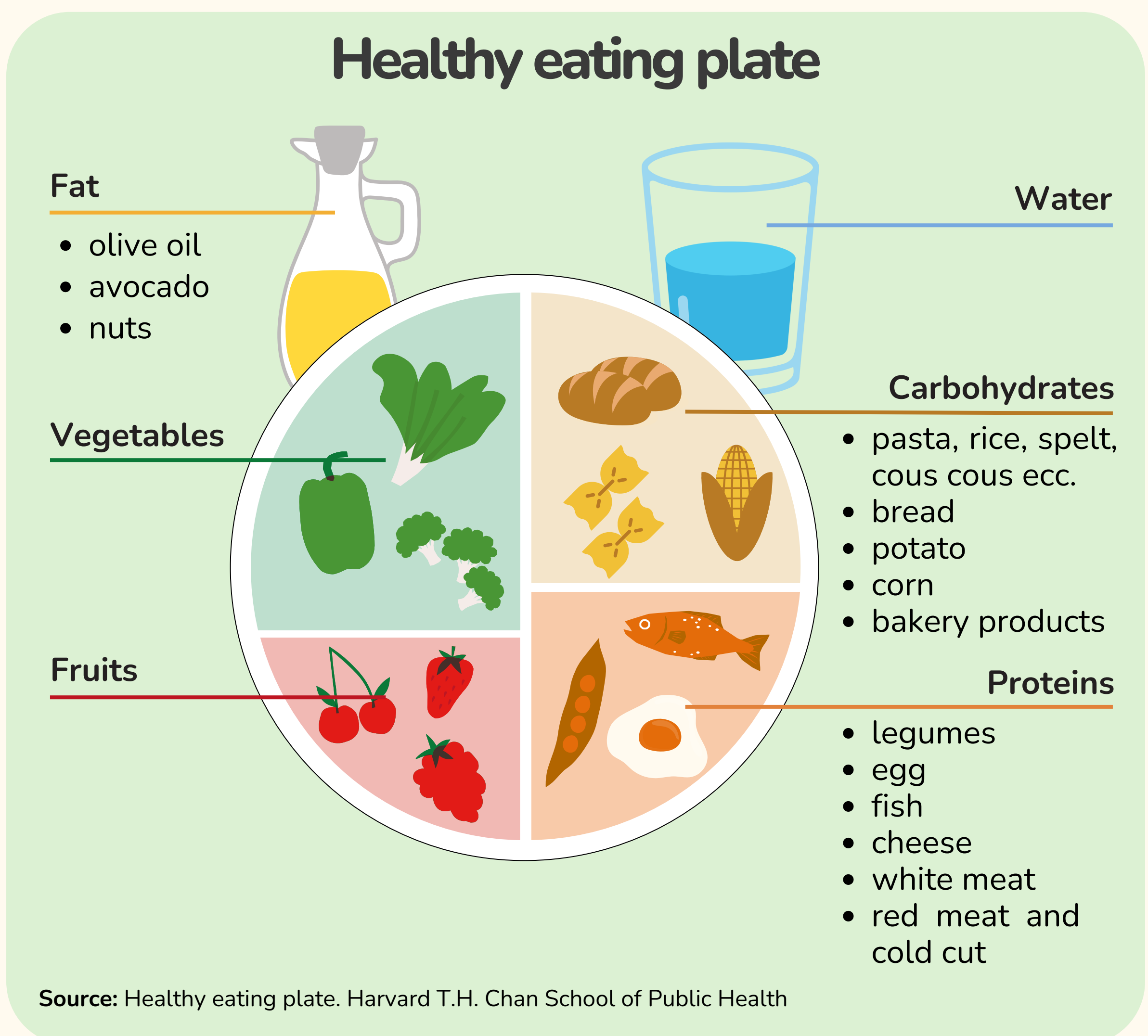
Foods can be **divided into a first course and a second course with a side of vegetables** (for example: pasta with tomato sauce + zucchini omelette) or **combined into a single dish** (for example: spelt salad with cherry tomatoes, green beans and mozzarella).

Fruit can be consumed either at the end of the meal, as a snack or at breakfast: there's no better time than another to eat it!

(Note: Foods should be offered to children under 4-5 years old in safe cuts, as indicated by the [guidelines of the Ministry of Health](#), to prevent choking risks.)

Water is the drink to keep hydrated with, and contrary to what people think, drinking it during meals does not interfere with digestion.

Follow the **Healthy Eating Plate** model to create balanced meals:



Snacks

Mid-morning and mid-afternoon snacks provide energy for children's daily activities, helping them avoid feeling overly hungry by the time of the main meals. However, it is important that they are not too large, in order to avoid interfering with the appetite for the subsequent meals and introducing too many calories.

A great habit is to **include fresh fruit** in at least one of the two snacks, which can be paired with plain yogurt, nut or baked goods like breadsticks or crackers.

Alternatively, you can choose fresh vegetables with dip, bread with olive oil or vegetables.

Occasionally, you can opt for a different snack, such as a slice of pizza, bread with jam or chocolate spread or an ice cream.

Focus: Sugars

Sugars are not harmful in themselves, but excessive consumption can have negative effects on health, both in children and adults. For this reason, the World Health Organization recommends limiting their intake.

Many children's products contain high amounts of sugar to make them more appealing, so it's important to read labels, limit the consumption of these foods and opt for less sugary alternatives. For example, products high in sugar include sweets, snacks, spreads, sweetened soft drinks, candies, fruit juices, sweetened chocolate powder for breakfast, as well as table sugar, honey and syrups.

Sugar-rich foods



A can of cola = 32 g of sugar



A tablespoon of spread chocolate = 8.5 g of sugar



A cup of fruit-flavored yogurt (125 g) = 14 g of sugar

Non-added sugar alternatives



Fruit-infused water = 3 g of sugar



A tablespoon of 100% hazelnut spread = 0.6 g of sugar



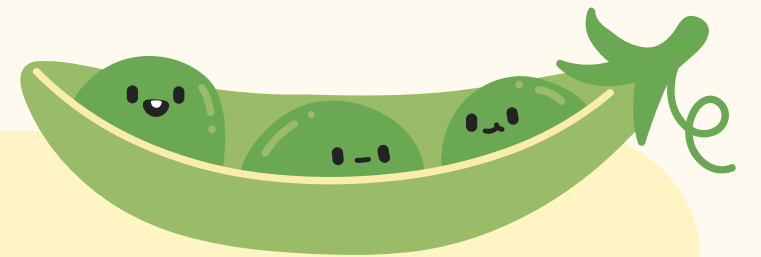
Plain yogurt + 80 g strawberries = 9.5 g of sugar

In addition to containing less sugars, it is a more satiating snack, rich in vitamins and minerals compared to fruit-flavored yogurt!

Cooking every day? It's not always possible, and that's okay!

With daily commitments, finding time to prepare full meals can be challenging. The menu proposed on the next page is just an example of how to distribute foods throughout the week, but it can be adapted to fit the needs and habits of your family. The key is to ensure variety and a balanced intake of nutrients. Here are some practical tips for when you're short on time:

- **Frozen vegetables:** Frozen vegetable-soup, spinach or artichokes can be a last-minute alternative to fresh vegetables.
- **Canned legumes:** Canned chickpeas, beans or lentils are ready to use in salads, soups or as a topping for pasta.
- **Couscous:** It cooks in just a few minutes with hot water and can be topped with vegetables, legumes, meat, fish or cheese.
- **Cook ahead:** When possible, roast vegetables or cook whole grains in advance, store them in the fridge and use them in multiple meals throughout the week.



Focus: Legumes

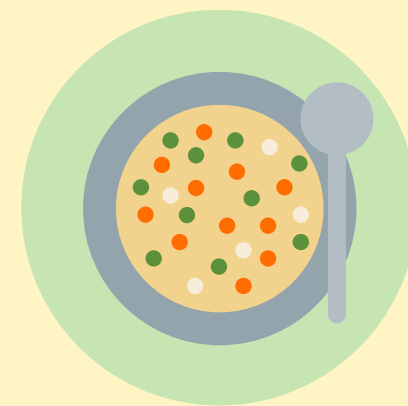
Legumes are a very diverse food group, including peas, chickpeas, beans, lentils, broad beans, carob beans, lupins and soybeans. They are an excellent source of protein: they are economical, sustainable and provide fiber, vitamins, and minerals. Despite their many benefits, they are often consumed less than recommended. To incorporate them more often into your diet, follow these tips:



Use legume flours



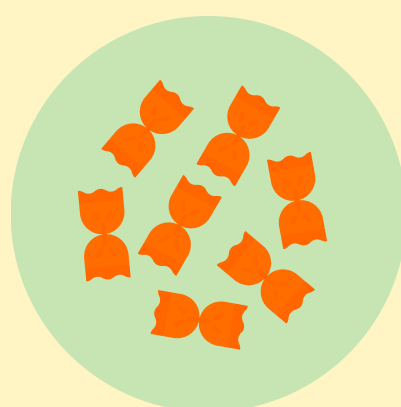
Always keep canned legumes in your pantry



Add them to soups with vegetables and cereals



Prepare recipes with tofu or tempeh



Eat legume-based pasta





Soak dried legumes, changing the water 1-2 times, then cook and freeze in single servings

Example of a weekly menu: the dishes in bold are included in the recipe book.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Porridge with oats and fruit	Fruit and nut	Whole wheat pasta with cuttlefish and cherry tomatoes Bread	Whole wheat bread with spreadable chocolate	Pasta with cannellini bean and basil pesto Carrots Bread Fruit
Tuesday	Milk and biscuits Fruit	Lupins	Pasta with meat ragù Lemon agretti Whole wheat bread Fruit	Yogurt and fruit	Baby spinach and soft cheese risotto Whole wheat bread
Wednesday	Milk and biscuits	A piece of carrot and almond cake	Pasta with lentil sauce Carrots Bread	Yogurt and fruit	Pasta with broccoli, olives and dried tomatoes Fishballs Whole wheat bread
Thursday	Yogurt with muesli and fruit	Milk and fruit smoothie	Whole wheat couscous with feta, radishes and arugula Bread Fruits	Bread and cherry tomatoes	Pasta with tomato sauce Chickpea farinata Broccoli Whole wheat bread
Friday	Whole wheat bread with 100% hazelnut spread and fruit + glass of milk	Fruit	Vegetable soup with barley Omlette Bread Fruit	Carrots with chickpea hummus	Pasta with black kale pesto Chicken breast Salad Whole wheat bread
Saturday	Pancakes with apple puree and fruit	Taralli	Pasta with basil pesto Baked cod with vegetables Bread	Banana and yogurt ice cream	Quick wrap with cheese, argula and cherry tomatoes
Sunday	Pancakes with apple puree and fruit	Fruit and nut	Pasta with tomato sauce Chicken spinacina with baked potatoes and vegetables	Banana and yogurt ice cream	Vegetable soup with barley Egg with tomato sauce Whole wheat bread




In lunch and dinner, carbohydrate sources are highlighted in yellow, protein sources in red, and vegetables in green.

24 - 47 months: Recommended servings and consumption frequency.
Note: the given quantities are a reference to be adapted to the specific needs of the child.

CATEGORY	Recommended serving*	Practical unit of measure	Consumption frequency
CARBOHYDRATE SOURCE			
Pasta, rice, spelt, flour for polenta, barley, cous cous, millet, flours, etc.	40 g	3-4 tbsp of pastina/flour, 2 tbsp of rice/spelt/barley	2 times a day
Bread	20 g	½ slice of bread	2 times a day
Potatoes	100 g	1 small potato	1 time a week
Bakery products and breakfast cereals	2 biscuits 2 rusks 20 g cereals	4-5 tbsp of corn flakes, 2 tbsp of muesli	1 time a day
Pizza	80 g	¼ round pizza	1 time a week
<div>TIP: Try to include these products in their wholegrain version in at least half of the meals (e.g. wholegrain rusks for breakfast, pasta for lunch, wholegrain rice for dinner).</div>			
PROTEIN SOURCE			
Legumes	15 g dry 45 g fresh/cooked	⅓ of a can, 2-2 ½ tbsp of fresh/cooked	3 times a week
Fish	50 g	7 shrimps, 8 mussels, ⅓ medium fillet	3 times a week
Egg	1 egg	1 egg	2 times a week
Cheese	30 g fresh 20 g other cheeses	¼ mozzarella, 2 tbsp of parmesan	3 times a week
Meat	35 g	⅓ slice of chicken breast, ⅓ burger patty	3 times a week
<div>TIPS:<ul style="list-style-type: none">• Preferably choose white meat (chicken, turkey, rabbit) over red meat.• Limit the consumption of large fish such as tuna and swordfish.</div>			
MILK AND YOGURT			
Cow’s milk	200 ml	1 glass, 1 medium cup	1 time a day
Yogurt	60 g	½ standard cup	4 times a week
VEGETABLES			
	20 g salad, 80 g other vegetables	1 tomato, 1 zucchini, 1 carrot	2 times a day
FRUITS			
	70 g	½ medium fruit (apple, pear...), 1 small fruit (apricot, mandarin...)	3 times a day
OLIVE OIL			
	30 g	6-7 tsp	To be divided throughout the day
WATER			
	200 ml	1 glass	4 times a day
SWEETS			
	15 g jam, 30 g cake, 80 g pudding/sorbet	1 ½ tsp of jam, ⅓ slice of cake	1 time a week




*Refers to the raw food, net of waste or, in some cases, ready for consumption (e.g. milk, bread, pizza..)
Sources: Guide lines for healthy eating. CREA, 2018
LARN - V Revision. SINU, 2024

4 - 6 years: Recommended servings and consumption frequency.
Note: the given quantities are a reference to be adapted to the specific needs of the child.

CATEGORY	Recommended serving*	Practical unit of measure	Consumption frequency
CARBOHYDRATE SOURCE			
Pasta, rice, spelt, flour for polenta, barley, cous cous, millet, flours, etc.	50 g	4-5 tbsp of pastina/ flour, 2 ½ tbsp of rice/spelt/barley	2 times a day
Bread	40 g	1 small sandwich, 1 slice of bread loaf	2-3 times a day
Potatoes	100 g	1 small potato	1 time a week
Bakery products and breakfast cereals	3 biscuits 3 rusks 30 g cereals	6-8 tbsp of corn flakes, 3 tbsp of muesli	1 time a day
Pizza	150 g	½ round pizza	1 time a week
<div> TIP: Try to include these products in their wholegrain version in at least half of the meals (e.g. wholegrain rusks for breakfast, pasta for lunch, wholegrain rice for dinner).</div>			
PROTEIN SOURCE			
Legumes	20 g dry 60 g fresh/cooked	¼ of a can, 3 tbsp of fresch/cooked	3 times a week
Fish	60 g	8 shrimps, 10 mussels, ⅓ medium fillet	3 times a week
Egg	1 egg	1 egg	2 times a week
Fresh cheese (e.g. mozzarella), semi-aged (e.g. caciotta), aged (e.g. parmesan)	40 g fresh 30 g semi-aged 20 g aged	⅓ mozzarella, 2 tbsp of parmesan	3 times a week
Meat	45 g	½ thigh or breast slice of chicken, ½ burger patty	3 times a week
<div> TIPS:<ul style="list-style-type: none">• Preferably choose white meat (chicken, turkey, rabbit) over red meat.• Limit the consumption of large fish such as tuna and swordfish.</div>			
MILK AND YOGURT			
Cow’s milk	200 ml	1 glass, 1 medium cup	1 time a day
Yogurt	125 g	1 standard cup	5 times a week
<div> TIP: Plant-based beverages have a different nutritional profile compared to cow's milk. If you choose to consume a plant-based beverage (e.g. soy drink), make sure it does not contain added sugars and is fortified with calcium and vitamin B12.</div>			
VEGETABLES			
	40 g salad 120 g other vegetables	½ bowl of salad, 1-2 tomatoes, 1-2 zucchinis, 2 carrots	2 times a day
FRUITS			
	80 g	½ medium fruit (apple, pear...), 1 small fruit (apricot, mandarin...)	2-3 times a day
OLIVE OIL			
	9 g	1 tbsp	2 ½ times a day
NUT			
	20 g	4-5 walnuts, 10-13 almonds/hazelnuts	3 times a week
WATER			
	200 ml	1 glass	6 times a day
SWEET			
	15 g jam, 30 g cakes, 100 g pudding/sorbet	1 ½ tsp of jam, ⅓ slice of cake	2 times a week

*Refers to the raw food, net of waste or, in some cases, ready for consumption (e.g. milk, bread, pizza..)
Sources: Guide lines for healthy eating. CREA, 2018
LARN - V Revision. SINU, 2024

7 - 10 years: Recommended servings and consumption frequency.
Note: the given quantities are a reference to be adapted to the specific needs of the child.

CATEGORY	Recommended serving*	Practical unit of measure	Consumption frequency
CARBOHYDRATE SOURCE			
Pasta, rice, spelt, flour for polenta, barley, cous cous, millet, flours, etc.	70 g	6-7 tbsp of pastina/ flour, 3 ½ tbsp of rice/spelt/barley	2 times a day
Bread	50 g	1 small sandwich, 1 slice of bread loaf	2-3 times a day
Potatoes	150 g	1 ½ small potato	1 time a week
Bakery products and breakfast cereals	4 biscuits 4 rusks 40 g cereals	8-10 tbsp of corn flakes, 4 tbsp of muesli	1 time a day
Pizza	200 g	⅔ round pizza	1 time a week
<div> TIP: Try to include these products in their wholegrain version in at least half of the meals (e.g. wholegrain rusks for breakfast, pasta for lunch, wholegrain rice for dinner).</div>			
PROTEIN SOURCE			
Legumes	30 g dry 90 g fresh/cooked	⅓ of a can, 4-5 tbsp of fresh/cooked	3 times a week
Fish	80 g	10 shrimps, 12 mussels, ½ medium fillet	3 times a week
Egg	1 egg	1 egg	2 times a week
Fresh cheese (e.g. mozzarella), semi-aged (e.g. caciotta), aged (e.g. parmesan)	70 g fresh 50 g semi-aged 30 g aged	½ mozzarella, 3 tbsp of parmesan	3 times a week
Meat	80 g	¾ thigh or breast slice of chicken, 1 burger patty	3 times a week
<div> TIPS:<ul style="list-style-type: none">• Preferably choose white meat (chicken, turkey, rabbit) over red meat.• Limit the consumption of large fish such as tuna and swordfish.</div>			
MILK AND YOGURT			
Cow's milk	200 ml	1 glass, 1 medium cup	1 time a day
Yogurt	125 g	1 standard cup	5 times a week
<div> TIP: Plant-based beverages have a different nutritional profile compared to cow's milk. If you choose to consume a plant-based beverage (e.g. soy drink), make sure it does not contain added sugars and is fortified with calcium and vitamin B12.</div>			
VEGETABLES	50 g salad 150 g other vegetables	½ bowl of salad, 2 tomatoes, 1-2 zucchinis, 3 carrots	2 times a day
FRUITS	100 g	⅔ medium fruit (apple, pear..), 1 ½ small fruit (apricot, mandarin..)	2-3 times a day
OLIVE OIL	9 g	1 tbsp	2 ½ times a day
NUT	30 g	7-8 walnuts, 15-20 almonds/hazelnuts	3 times a week
WATER	200 ml	1 glass	6 times a day
SWEET	25 g jam, 50 g cakes, 100 g pudding/sorbet	2 ½ tsp of jam, ½ slice of a cake	3 times a week

*Refers to the raw food, net of waste or, in some cases, ready for consumption (e.g. milk, bread, pizza..)
Sources: Guide lines for healthy eating. CREA, 2018
LARN - V Revision. SINU, 2024



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OATMEAL PORRIDGE WITH FRESH FRUIT

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Oatflakes	20 g	30 g	40 g
Cow’s milk	60 ml	100 ml	120 ml
Fruit	70 g	80 g	100 g
Unsweetened cocoa and/or cinnamon	as needed	as needed	as needed

INSTRUCTIONS


- Put the oat flakes and milk in a small pot. Add a little unsweetened cocoa and/or cinnamon. Heat until it starts to boil, stirring to stop it from sticking.
- When the oats become creamy, pour them into a bowl and add fresh fruit.

NOTES

You can also make porridge without cooking it. Just mix the oats and milk the night before and leave them in the fridge. By morning, the oats will be soft and creamy.

You can also add nuts, a piece of dark chocolate, or shredded coconut. Here are some topping ideas:

- Banana, dark chocolate and coconut flakes
- Pear, cocoa and almonds
- Apple, cinnamon and raisins
- Strawberries, cocoa and hazelnuts

 For people with celiac disease: use oat flakes labeled as “gluten-free”.



PANCAKE WITH APPLE PUREE

INGREDIENTS	Quantities for 10 pancakes
Apple puree	200 g
Cow's milk	50 ml
Eggs	1
Oat flour	50 g
Light buckwheat flour	50 g
Baking powder	1 tsp
Turmeric	1 sprinkle

Portion 2-3 years: 1 and a half pancakes

Portion 4-6 years: 2 pancakes


Portion 7-10 years: 3 pancakes

INSTRUCTIONS

- In a bowl, combine the oat flour and buckwheat flour, turmeric, baking powder and mix everything using a whisk.
- In another bowl, whisk together the egg, milk and apple puree.
- Combine the mixture with the flour blend and stir until all lumps are removed.
- Grease a non-stick pan with oil and create the pancakes using 2 tablespoons of batter for each one. Flip the pancake when bubbles start to form on the surface and cook until done.
- Top the pancake with fruit, nut butter, a square of dark chocolate, etc.

NOTES

If you want to make the pancakes more fun, use molds to shape them into fun forms or cut the fruit and arrange it to create faces or animals.

 For people with celiac disease: use oat flour and buckwheat flour labeled as 'gluten-free'.




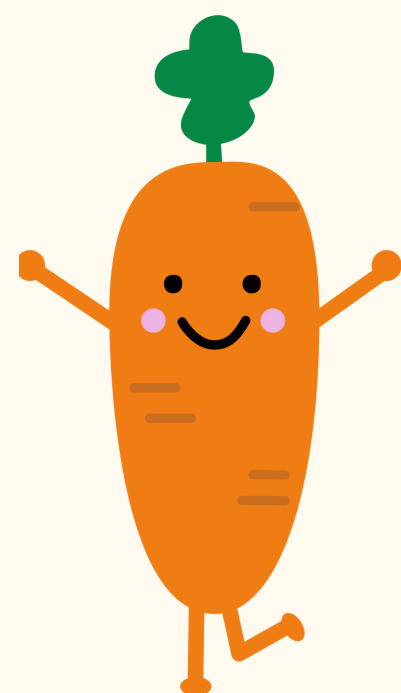
CARROT AND ALMOND CAKE

INGREDIENTS	Quantities for a 22 cm mold
Carrots (peeled)	200 g
Flour 0 or whole wheat flour	250 g
Almond flour or almonds to blend into flour	80 g
Sugar	100 g
Baking powder	1 sachet (16 g)
Orange with edible peel (zest and pulp)	1
Milk	80 g
Sunflower seed oil	40 g

INSTRUCTIONS

- In a bowl, combine the flour with the almond flour. If you don't have almond flour, you can make it by placing the almonds in the freezer for at least two hours, then blending them in short bursts (to avoid overheating and releasing oils) until they reach a flour-like consistency.
- Add the sugar and baking powder to the flours.
- In a blender, blend the peeled and chopped carrots with the grated orange zest, the peeled orange, the milk and sunflower oil.
- Add the resulting mixture to the bowl with the flours and mix until smooth.
- Line a 22 cm diameter cake pan with parchment paper and pour in the batter. Bake in the oven at 180°C for 40-45 minutes.

 For people with celiac disease: instead of using wheat flour use oat or rice flour labeled as 'gluten-free'.



BANANA AND YOGURT “ICE CREAM”

INGREDIENTS

Quantities

Bananas	2 bananas (approximately 300 g of pulp)
Greek yogurt	100 g


INSTRUCTIONS

- Slice the bananas into rounds and freeze them for at least 4 hours.
- After the required time, blend the frozen bananas in a mixer for a few seconds until you get a granular mixture.
- Add the yogurt to the mixer and blend until you achieve a creamy consistency.

NOTES

Starting from the basic recipe, you can create variations with many different flavors, such as:

- **Cocoa Ice Cream:** Add 30 g of cocoa powder to the blended bananas with yogurt.
- **Fruit Ice Cream:** Freeze 150 g of fresh fruit (e.g. strawberries, peaches, berries) along with the bananas, blend all the fruit together and then add the yogurt.
- **Hazelnut Ice Cream:** Add 3-4 teaspoons of 100% hazelnut cream along with the yogurt.

 Recipe suitable for people with celiac disease because it is free from gluten-containing foods.




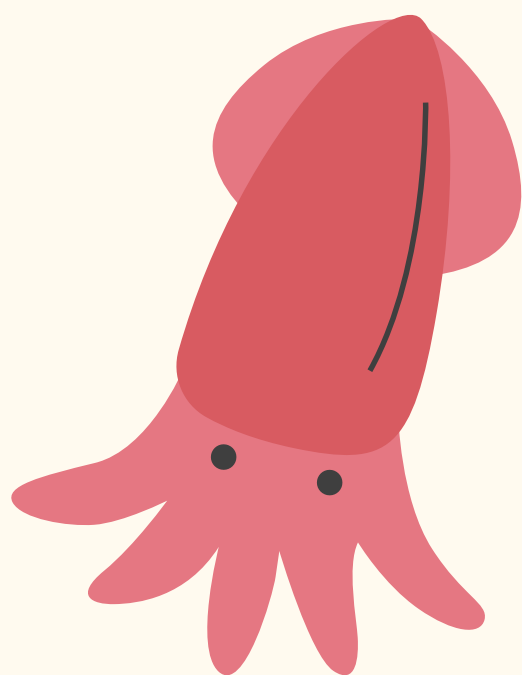
WHOLE WHEAT PASTA WITH CUTTLIFISH AND CHERRY TOMATOES

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Whole wheat pasta	40 g	50 g	70 g
Cherry tomatoes	4-5	7-8	9-10
Cleaned cuttlefish	50 g	60 g	80 g
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Garlic	1 clove	1 clove	1 clove
Parsley	as needed	as needed	as needed
Salt, pepper	as needed	as needed	as needed

INSTRUCTIONS

- Cut the cuttlefish into pieces, including the tentacles and fins, cut the cherry tomatoes into wedges and chop the parsley.
- Sauté a garlic clove in a non-stick pan with olive oil. When the garlic turns golden, add the cuttlefish and cook for a couple of minutes.
- Add the cherry tomatoes and parsley to the pan and cook for another 6-7 minutes, stirring occasionally.
- Meanwhile, cook the pasta in a pot of boiling water.
- Drain the pasta and finish cooking it in the pan with the cuttlefish sauce, adding a bit of pasta cooking water if the sauce becomes too thick.

 For people with celiac disease: use pasta labeled as 'gluten-free'.




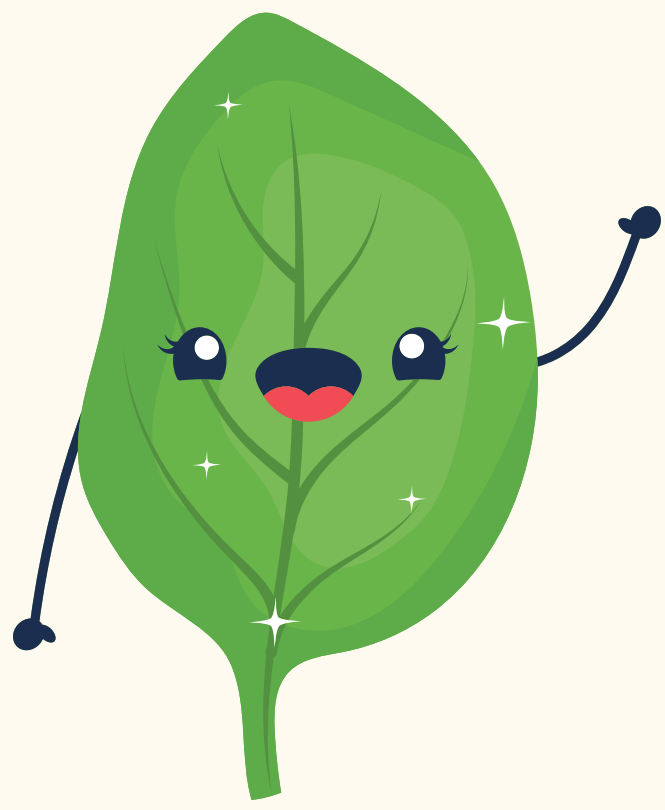
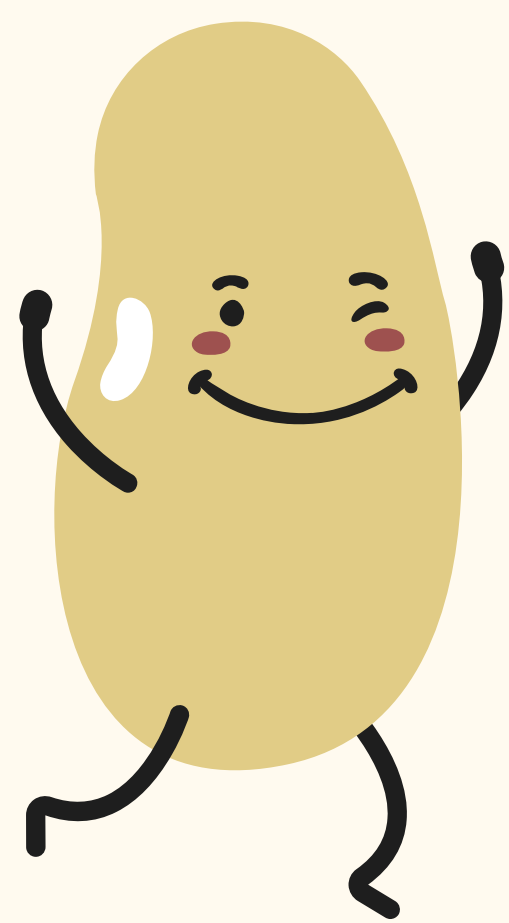
PASTA WITH CANNELLINI BEAN AND BASIL PESTO

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Pasta	40 g	50 g	70 g
Cannellini beans	45 g	60 g	90 g
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Basil	1 handful	1 handful	1 handful
Garlic	as needed	as needed	as needed
Parmesan cheese	1 tsp	1 tbsp	1 tbsp

INSTRUCTIONS

- Blend the cannellini beans with the oil, basil, garlic and parmesan.
- Cook the pasta in a pot of boiling water.
- Mix the pasta with the cannellini pesto.

 For people with celiac disease: use pasta labeled as 'gluten-free'.



BABY SPINACH AND SOFT CHEESE RISOTTO


INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Carnaroli/Arborio/Roma Rice	40 g	50 g	70 g
Baby spinach	25 g	45 g	60 g
Spreadable cheese	30 g	40 g	70 g
Vegetable broth	as needed	as needed	as needed
Extra virgin olive oil	1 tbsp	1 tbsp	1½ tbsp
Onion	as needed	as needed	as needed
Salt	as needed	as needed	as needed

INSTRUCTIONS

- Blend the fresh baby spinach with the vegetable broth little by little until you get a smooth cream.
- Chop the onion and sauté it in a pan with olive oil.
- Toast the rice in the pan with the oil and onion for a few minutes, then gradually add the vegetable broth, stirring often to prevent it from sticking.
- When there are 4-5 minutes left for the rice to cook, add the spinach cream to the pan.
- When the rice is cooked, stir in the spreadable cheese.

NOTES

This recipe can also be made with frozen spinach. In this case, cook the spinach and blend it with a little vegetable broth, as it will already contain a good amount of water.

 Recipe suitable for people with celiac disease because it is free from gluten-containing foods.



PASTA WITH LENTIL SAUCE


INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Whole wheat pasta	40 g	50 g	70 g
Lentils	45 g cooked/ 15 g dry	60 g cooked/ 20 g dry	90 g cooked/ 30 g dry
Tomato sauce	70 g	100 g	150 g
Celery, carrot, onion	as needed	as needed	as needed
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Rosemary	as needed	as needed	as needed
Salt, pepper	as needed	as needed	as needed

INSTRUCTIONS

- Boil water in a pot and cook the pasta.
- Chop the celery, carrot and onion and sauté them in a non-stick pan with oil.
- When the sauté is golden, add the cooked lentils, tomato sauce and rosemary. Let it cook for 10 minutes, adding water if it thickens too much.
- When the pasta is cooked, add it to the pan with the lentil sauce, mix and add some pepper if desired.

NOTES

The lentil sauce can be made in large quantities and then divided into single portions to be stored in the freezer for future meals.

 For people with celiac disease: use pasta labeled as 'gluten-free'.



BASMATI RICE WITH LENTIL DAHL

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Brown basmati rice	40 g	50 g	70 g
Red lentils (decorticated)	15 g dry	20 g dry	30 g dry
Fresh ginger, onion, garlic	as needed	as needed	as needed
Canned coconut milk	30 g	50 g	70 g
Extra virgin olive oil	1 tsp	1 tsp	1 tsp
Curry, turmeric, garam masala, pepper and/or coriander	as needed	as needed	as needed

INSTRUCTIONS

- Boil water in a pot and cook the basmati rice following the instructions on the package.
- Meanwhile, prepare the sauté by chopping the onion, garlic and the fresh ginger.
- Transfer the sauté to a pan with oil and let it fry for a few minutes. Then, add the chosen spices and lentils to the pan and cover with water.
- When the lentils are almost cooked, add the coconut milk, stir and let the cooking finish.
- Serve the lentil dhal hot, accompanied by the basmati rice.



Recipe suitable for people with celiac disease because it is free from gluten-containing foods.




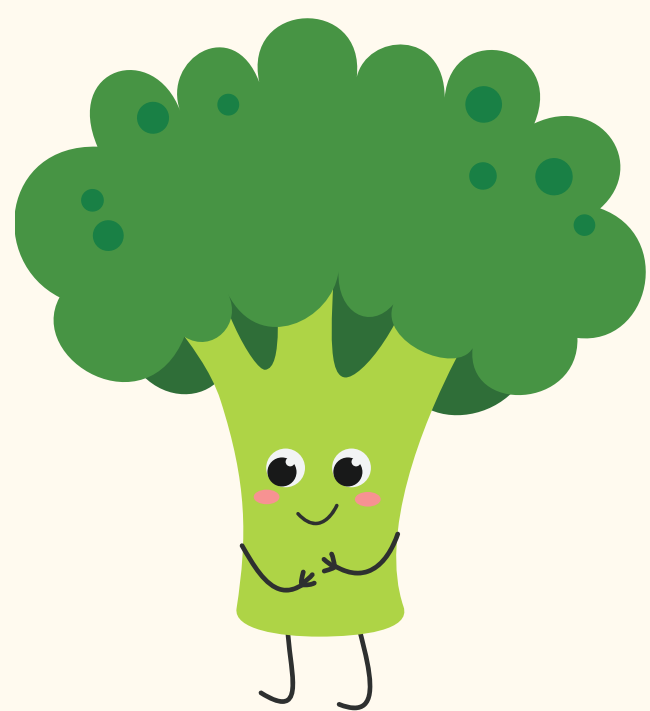
PASTA WITH BROCCOLI, OLIVES AND DRIED TOMATOES

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Pasta	40 g	50 g	70 g
Broccoli	80 g	120 g	150 g
Olives	as needed	as needed	as needed
Dried tomatoes in oil	as needed	as needed	as needed
Garlic	as needed	as needed	as needed
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp

INSTRUCTIONS

- Cut the broccoli into florets and clean the stem, obtaining the soft inside part.
- Cook the broccoli in a pot with boiling salted water.
- When the broccoli is cooked, remove it from the water with a skimmer.
- Cook the pasta in the same water used for the broccoli.
- Blend half of the broccoli, adding a little cooking water to get a creamy texture.
- In a pan, sauté a garlic clove with oil, then add the olives and chopped dried tomatoes.
- When the pasta is ready, drain it, add it to the pan and also add the broccoli cream and the whole broccoli florets.

 For people with celiac disease: use pasta labeled as 'gluten-free'.



COUS COUS WITH FETA, RADISHES AND ARUGULA

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Whole wheat couscous	50 g	50 g	70 g
Feta cheese	40 g	40 g	70 g
Arugula	30 g	30 g	40 g
Radish	1-2	1-2	2-3
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Lemon juice	as needed	as needed	as needed


INSTRUCTIONS

- Rehydrate the couscous following the instructions on the package.
- Crumble the feta and cut the radishes into thin strips.
- Separe the couscous with a fork, then mix it with the feta, radishes, and arugula. Season with olive oil and lemon juice.

NOTES

Couscous is a quick source of carbohydrates, perfect for meals when you have little time to cook. It is very versatile and can be paired with many different ingredients, such as:

- Couscous with sautéed radicchio and cannellini beans
- Couscous with green beans and natural canned mackerel
- Couscous with cherry tomatoes and mozzarella
- Couscous with peas, zucchini and mint.

 For people with celiac disease: use couscous labeled as 'gluten-free' (made from corn, rice, oats or buckwheat) or replace it with a gluten-free whole grain (rice, millet or quinoa).



PASTA WITH BLACK KALE PESTO


INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Pasta	40 g	50 g	70 g
Black kale	30 g	40 g	60 g
Walnuts	1	1-2	2-3
Parmesan cheese	1 tsp	1 tsp	1 tbsp
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Salt	as needed	as needed	as needed

INSTRUCTIONS

- Clean the black kale, removing the hard stem and keeping the soft leaves.
- Boil the kale leaves in salted water until they become soft.
- Use a skimmer to drain the kale, but keep the water to cook the pasta later. Blend the kale with oil, walnuts and parmesan cheese.
- Cook the pasta in the same water used for the kale. When ready, mix it with the kale pesto.

NOTES

You can make extra kale pesto and freeze it in small portions for future meals.

 For people with celiac disease: use pasta labeled as 'gluten-free'.

CAULIFLOWER AND LEEK SOUP WITH PASTINA


INGREDIENTS		Quantities for 4-5 portions		
Cauliflower		1		
Leek		1		
Hot water		as needed		
Extra virgin olive oil		as needed		
		+		
		QUANTITIES		
		2-3 years	4-6 years	7-10 years
Pastina		40 g	50 g	70 g

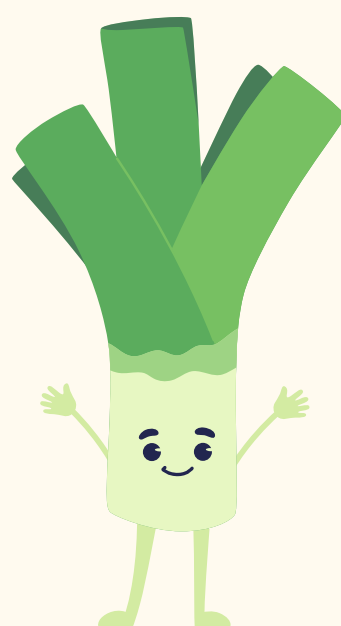
INSTRUCTIONS

- Clean the cauliflower, separating the florets, and slice the leek into rounds.
- Sauté the leek in a saucepan with oil. When golden, add the cauliflower and cover with water. Cook with the lid on.
- When the vegetables are cooked, blend with an immersion blender.
- Add the pastina directly to the creamy soup and cook for the time indicated on the package.

NOTES

The creamy soup can also be made with many other vegetables, such as Romanesco cauliflower, pumpkin or spinach.
In addition, to create a complete meal, you can add cooked legumes, such as beans or lentils, as a protein source and blend everything together.

 For people with celiac disease: use pasta labeled as 'gluten-free'.



BEAN GNOCCHI


INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Cannellini beans	90 g	110 g	130 g
Whole wheat flour	30 g	40 g	50 g

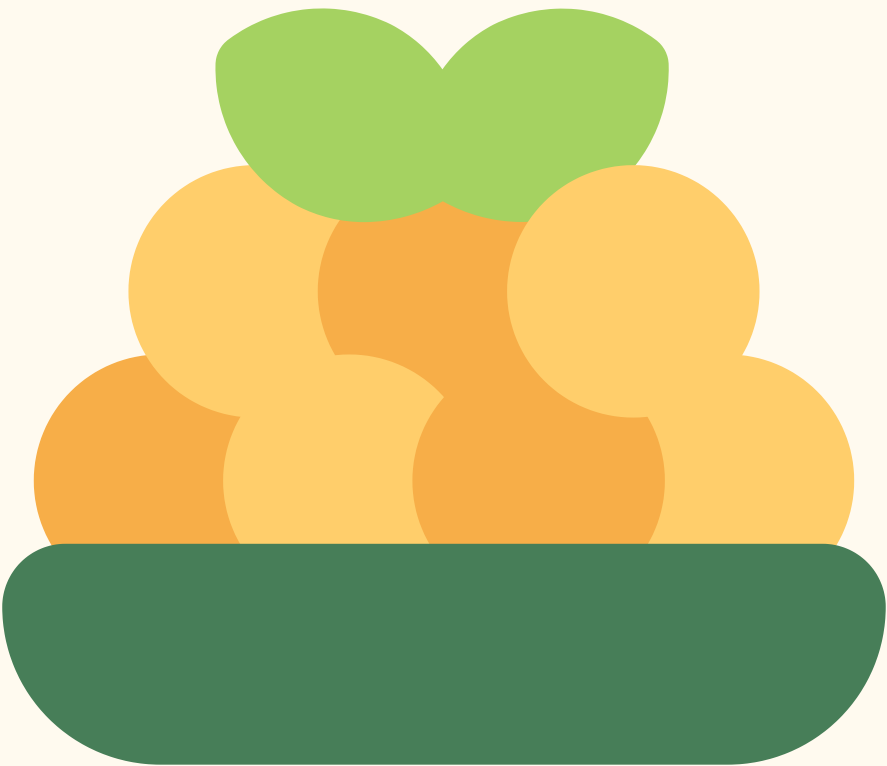
INSTRUCTIONS

- Blend the beans until you get a smooth and homogeneous cream.
- Add the whole wheat flour to the beans and knead until you get a compact dough. If it's too sticky, add a little more flour.
- Divide the dough into pieces, roll them to form logs and cut them into small pieces of about 1 cm to obtain the gnocchi.
- Cook the gnocchi in a pot with salted water until they float to the surface and season them with your chosen sauce.

NOTES

Bean gnocchi, like potato gnocchi, pair well with many different sauces, such as a simple tomato sauce, vegetable sauce or pesto.

 For people with celiac disease: instead of using wheat flour, use oat or rice flour labeled as 'gluten-free'.



FISHBALLS


INGREDIENTS

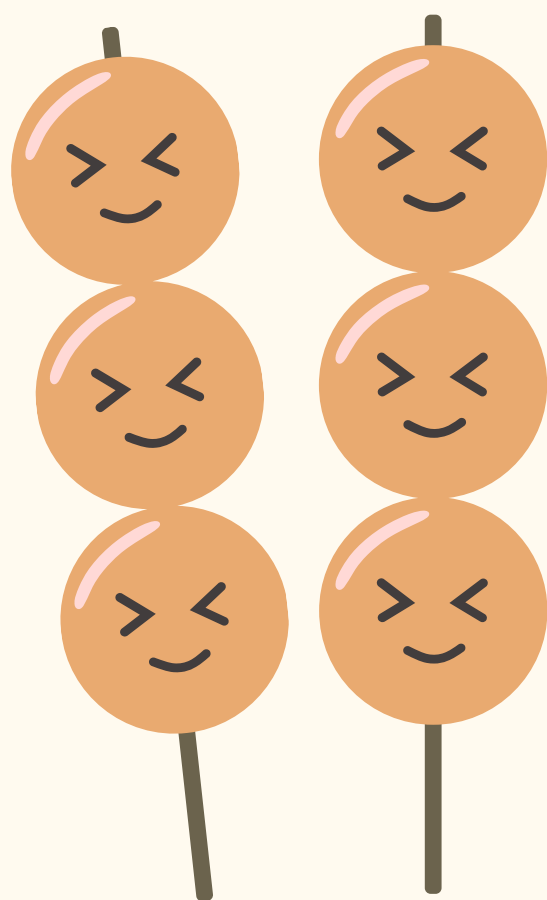
Quantitied for 15 fishball

Hake or cod fillet (also frozen)	300 g
Egg	1
Breadcrumbs	60 g (+ for the breading)
Extra virgin olive oil	as needed
Untreated lemon (juice and zest)	1

Portion 2-3 years: 2 fishballs
Portion 4-6 years: 3 fishballs
Portion 7-10 years: 4 fishballs

INSTRUCTIONS

- Blend the fish fillet with the egg, breadcrumbs and grated lemon zest. If using frozen fillets, soften them by letting them partially thaw in the refrigerator or using the microwave's defrost function, without necessarily thawing them completely.
 - Form small fishballs and bread them in breadcrumbs.
 - Heat some oil in a non-stick pan and add the fishballs, moving them occasionally to cook on all sides.
 - After a few minutes, add the lemon juice and leave on the heat for a few more minutes to finish cooking.
-  For people with celiac disease: use breadcrumbs labeled as 'gluten-free'.



BAKED COD WITH VEGETABLES


INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Frozen cod fillet	50 g	60 g	80 g
Mixed vegetables (zucchini, cherry tomatoes, eggplant)	80 g	120 g	150 g
Lemon zest	as needed	as needed	as needed
Breadcrumbs	as needed	as needed	as needed
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Salt	as needed	as needed	as needed

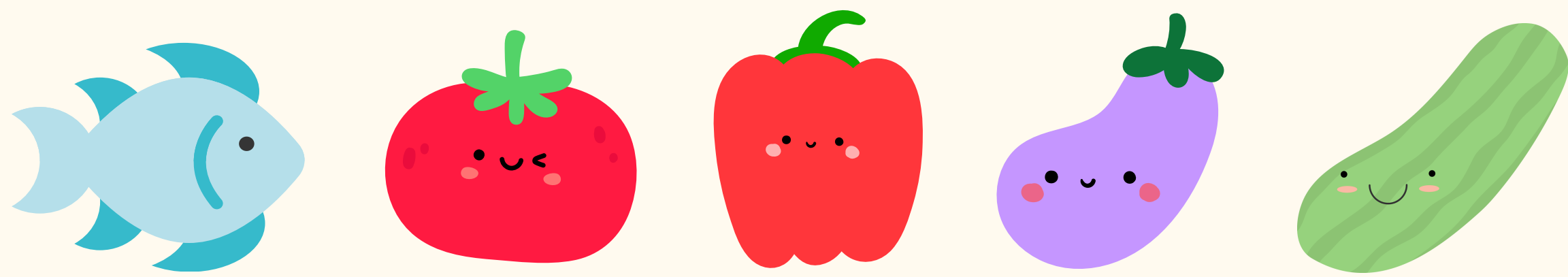
INSTRUCTIONS

- Cut the still-frozen cod and the vegetables into cubes.
- Combine the cod and vegetables and season with oil, lemon zest, salt and breadcrumbs.
- Line a baking sheet with parchment paper and bake the cod and vegetables in the oven at 180°C for 20 minutes.

NOTES

This recipe can become a winter recipe by replacing the summer vegetables with seasonal vegetables such as cauliflower, pumpkin or broccoli.

 For people with celiac disease: use breadcrumbs labeled as 'gluten-free'.



CHICKPEA FARINATA

INGREDIENTS

QUANTITIES

	2-3 years	4-6 years	7-10 years
Chickpea flour	15 g	30 g	40 g
Water	30 g	60 g	80 g
Extra virgin olive oil	1 tsp	1 tbsp	1 tbsp
Salt, rosemary	as needed	as needed	as needed

INSTRUCTIONS

- In a bowl, mix the chickpea flour with water using a fork, trying to dissolve all the lumps. If you have time, let the mixture rest for at least 1 hour.
- Remove the foam that forms on the surface of the mixture with a spoon. Add oil, salt and rosemary.
- Pour the mixture into a non-stick pan with a drizzle of oil and cook with the lid on for about 5 minutes. When the top part has solidified, flip the chickpea farinata to the other side using a plate or lid and let it cook for another couple of minutes.

NOTES

The chickpea farinata can be enriched with vegetables, just like an omelette. To prepare it in this version, simply combine the chickpea flour and water mixture with previously cooked vegetables, such as zucchini, agretti, onions or asparagus, and then proceed with normal cooking.

Furthermore, the chickpea pancake **can be also baked in the oven**: simply pour the mixture into a baking dish lined with parchment paper and bake at 200°C for about 25 minutes.



Recipe suitable for people with celiac disease because it is free from gluten-containing foods.



CHICKPEA HUMMUS

INGREDIENTS	Quantities
Chickpeas (cooked)	240 g
Lemon juice	1/2 lemon
Tahini (sesame seed paste)	2 tbsp
Garlic	as needed
Oil, salt, pepper	as needed

INSTRUCTIONS

- Prepare the hummus by blending all the ingredients together. If the mixture is too thick, add a little water.

NOTES

Chickpea hummus is a versatile recipe that can be used in many ways. It can be eaten with raw vegetables like carrots, fennel or peppers, or as a topping for a wrap with cooked vegetables or even as a filling for a savory pie.

In addition, different versions can be made by adding ingredients to the base to give the hummus different flavors and colors, such as:

- Red hummus with dried tomatoes,
- Purple hummus with boiled beets,
- Green hummus with mint and peas.



Recipe suitable for people with celiac disease because it is free from gluten-containing foods.



LEMON CHICKEN

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Chicken breast	35 g	50 g	80 g
Edible lemon peel	as needed	¼ lemon	⅓ lemon
Flour	as needed	as needed	as needed
Starch	as needed	½ tsp	1 tsp
Water	as needed	20 g	40 g
Extra virgin olive oil	1 tbsp	1 tbsp	1½ tbsp

INSTRUCTIONS

- Cut the chicken breast into pieces.
- Coat the chicken in flour and cook them in a non-stick pan with oil for about 5 minutes, then set them aside.
- Wash and grate the lemon, then squeeze it to get the juice.
- In the same non-stick pan used to cook the chicken, pour in the lemon juice, water and starch to make a sauce. Cook for about 1-2 minutes, stirring to avoid lumps.
- Once the sauce has thickened, add the previously cooked chicken and lemon peel, then finish cooking.



For people with celiac disease: replace wheat flour with rice flour or cornstarch.



CHICKEN SPINACINA

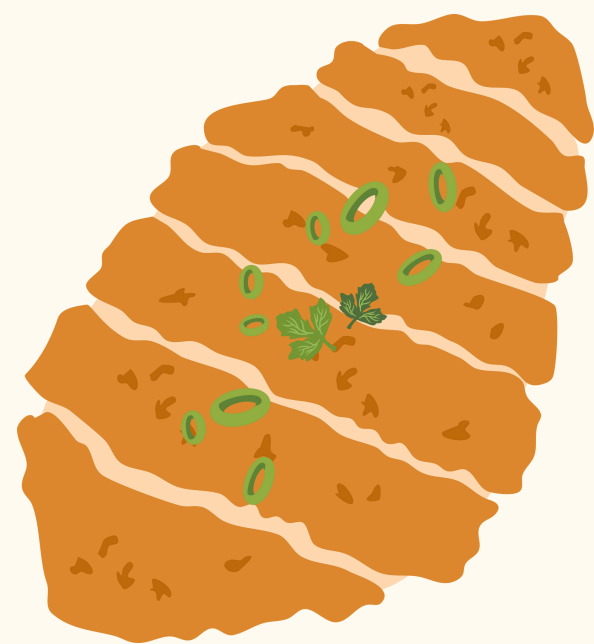
INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Ground chicken	35 g	50 g	80 g
Fresh spinach	30 g	40 g	65 g
Corn flakes	as needed	as needed	as needed
Garlic powder, oregano, thyme and/or sage	as needed	as needed	as needed
Extra virgin olive oil	as needed	as needed	as needed

INSTRUCTIONS

- Cook the spinach in a pot with a little water. Once cooked, drain, let it cool and squeeze out the excess water.
- Crush the corn flakes.
- Mix the ground chicken with the spinach and the herbs.
- Shape the mixture into meatballs, flatten them to make them the shape of patties and then coat them in the crushed corn flakes.
- Place the patties on a baking sheet lined with parchment paper, drizzle with a little oil and bake in a static oven at 180°C for about 20 minutes, flipping them halfway through the cooking time.



For people with celiac disease: use corn flakes labeled as ‘gluten-free’.




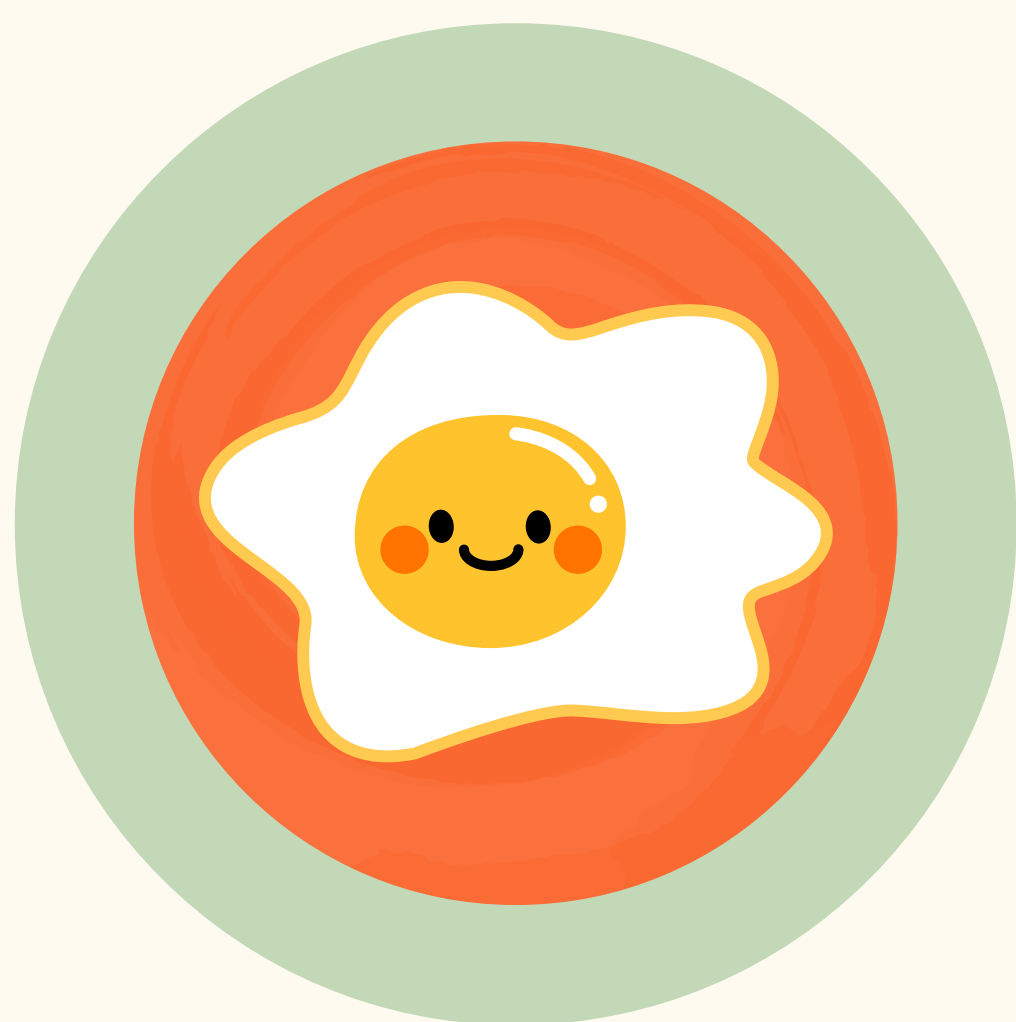
EGG WITH TOMATO SAUCE

INGREDIENTS	Quantities 2-10 years
Egg	1
Tomato sauce	100 g
Onion	as needed
Extra virgin olive oil	as needed
Basil and/or oregano	as needed

INSTRUCTIONS

- Chop the onion.
- Sauté the onion in a non-stick pan with a little oil. When the onion is golden, add the tomato sauce and let it cook for 10–15 minutes.
- Use a spoon to make a small space in the sauce and crack an egg into it. Cover with a lid and cook until the egg white becomes solid.

 Recipe suitable for people with celiac disease because it is free from gluten-containing foods.



LEGUME STICKS WITH TOMATO SAUCE

INGREDIENTS

Quantities 10 sticks

For the sticks:

Chickpeas	150 g
Cannellini beans	100 g
Breadcrumbs	50 g
Egg	1
Grated parmesan cheese	10 g
Milk	40 ml
Extra virgin olive oil	1 tsp
Herbs (oregano, thyme, etc.)	as needed

For the sauce:

Tomato sauce	100 g
Basil	4 leaves
Garlic	1 clove

Portion 2-3 years: 1 and a half stick

Portion 4-6 years: 2 sticks

Portion 7-10 years: 3 sticks

INSTRUCTIONS

- Blend the chickpeas with the cannellini beans, egg, milk, parmesan cheese, olive oil and herbs. Add the breadcrumbs and mix everything together. Put the mixture into a sac-a-poche and cut off the tip, leaving about two fingers of space from the end.
- Sprinkle a baking tray with a little breadcrumbs. Squeeze the mixture out of the sac-a-poche in long strips directly onto the tray, making sticks about 12–15 cm long.
- Gently shake the tray back and forth to roll the sticks and coat them in breadcrumbs. Remove any extra breadcrumbs and bake the sticks in a fan oven at 200°C for about 20–22 minutes.
- Meanwhile, prepare the sauce: in a saucepan, sauté the garlic in olive oil until golden, then add the tomato sauce. At the end of cooking, add chopped fresh basil.



For people with celiac disease: use breadcrumbs labeled as 'gluten-free'.

BEAN BURGER


INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Red/borlotti beans	45 g	60 g	90 g
Dried tomatoes in oil	1 dried tomato	1 dried tomato	2 dried tomatoes
Breadcrumbs	as needed	as needed	as needed
Soy sauce	½ tsp	1 tsp	1½ tsp
Onion and/or leek	as needed	as needed	as needed

INSTRUCTIONS

- Mash the beans with a fork or blend them a little – don't make them too smooth.
- Cut the onion and dried tomatoes into small pieces.
- Put everything in a bowl: beans, onion, dried tomatoes and soy sauce. Mix well. If the mix is too soft, add some breadcrumbs.
- Make a burger shape with your hands and cook it on both sides in a pan with a little oil. Or cook it in the oven at 200°C with a little oil until it turns golden. Turn it over halfway through.

NOTES

You can also make these burgers with chickpeas.
Try serving them in a bun with a lettuce leaf and a little ketchup to make them look like a classic burger.

 For people with celiac disease: use breadcrumbs labeled as 'gluten-free'.



LEMON AGRETTI

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Agretti	80 g	120 g	150 g
Lemon juice	as needed	as needed	as needed
Extra virgin olive oil	1 tbsp	1 tbsp	1 tbsp
Salt	as needed	as needed	as needed

INSTRUCTIONS

- Clean the agretti by removing the roots and the hard, light-colored part. Wash them well.
- Cook the agretti in a pot of boiling salted water for about 5 minutes, until they become tender.
- Drain them and season with olive oil, salt, and lemon juice.




Recipe suitable for people with celiac disease because it is free from gluten-containing foods.

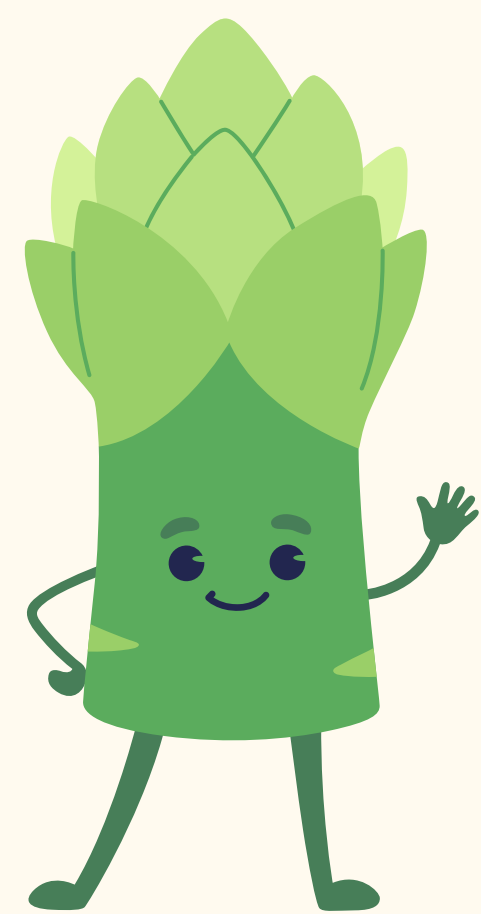
CRISPY BAKED ASPARAGUS

INGREDIENTS	QUANTITIES		
	2-3 years	4-6 years	7-10 years
Asparagus	80 g	120 g	150 g
Extra virgin olive oil	1 tbsp	1 tbsp	1½ tbsp
Breadcrumbs	as needed	as needed	as needed
Rosemary, thyme, marjoram	as needed	as needed	as needed
Salt	as needed	as needed	as needed

INSTRUCTIONS

- Clean the asparagus by removing the hard ends and wash them well.
- Chop the rosemary, thyme and marjoram, then mix them with the breadcrumbs.
- Place the asparagus on a baking tray lined with parchment paper. Drizzle with olive oil and sprinkle with the breadcrumb and herb mixture. Bake in a fan oven at 200°C for 20–25 minutes.

 For people with celiac disease: use breadcrumbs labeled as 'gluten-free'.



FUN-SHAPED VEGETABLES AND FRUIT

To make fruits and vegetables more appealing, you can create fun shapes on the plate to spark children's curiosity.

This playful and engaging method helps introduce a wider variety of foods and children can also join in the preparation, using their imagination.

There are fun-shaped cutters available, like flowers, hearts or animals, but you can also shape the food using a simple knife.

With younger children, it's important to be careful and only use safe cuts.



Recipe suitable for people with celiac disease because it is free from gluten-containing foods.




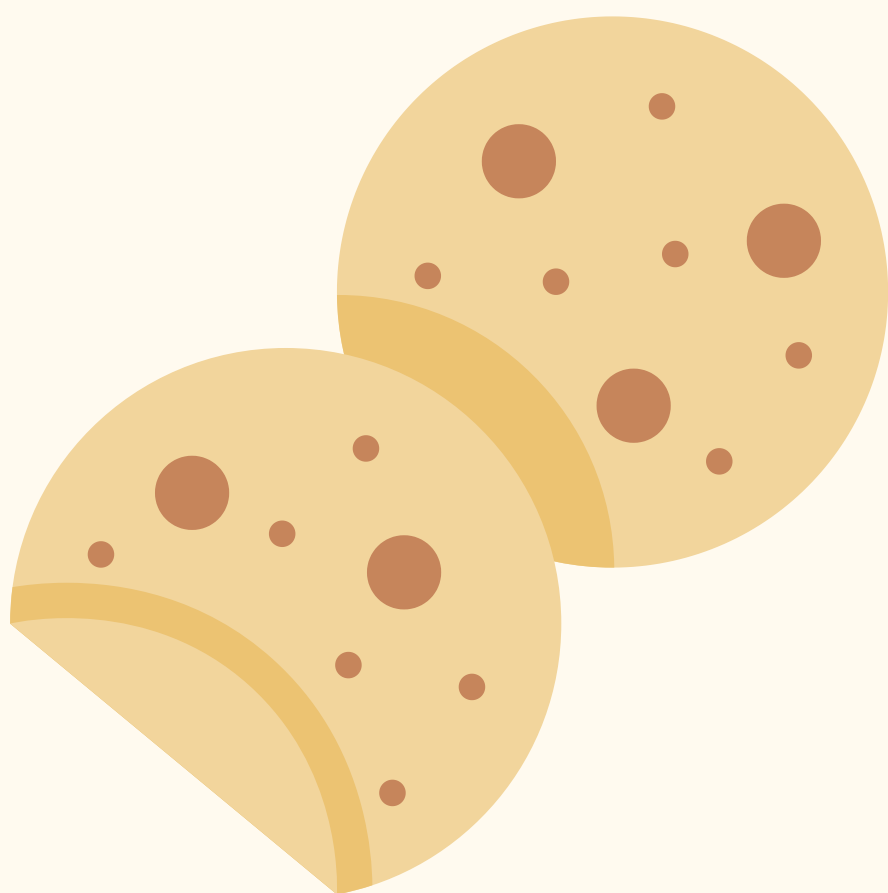
QUICK WRAP

INGREDIENTS	Quantities for 1 wrap
Whole wheat flour	60 g
Water	120 g
Salt	as needed
Extra virgin olive oil	as needed

INSTRUCTIONS

- Mix flour, salt, and water until the mix is smooth but not too thick.
- Put a little oil in a non-stick pan and pour some of the mix in with a ladle. Spread it so it covers the pan.
- Cook for a few minutes, then turn it over and cook the other side. Fill the wrap with whatever you like.

 For people with celiac disease: replace wheat flour with rice flour or other gluten-free flour.





Enjoy your

MEAL!





Scan the QR code for more information
or contact us at:
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