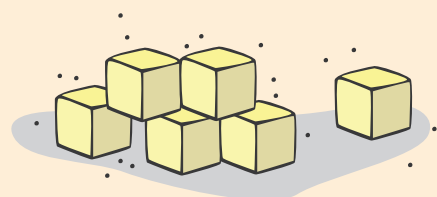
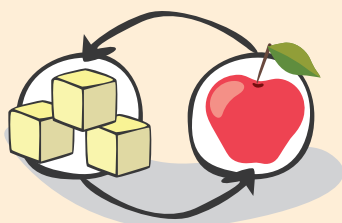


Healthy products for kids with reduced sugar content



Sugar

Kids eat more sugar than they need!



Kids take most of the sugar with a variety of snacks and sweetened drinks.

We can change this choice with a healthy product offer!

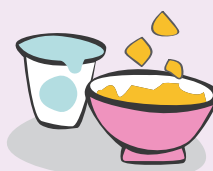
A lot of sugar kids take with:



Sweetened, fizzy drinks and juice drinks



Buns, cakes, pastries and biscuits



Sweetened breakfast cereals and yoghurts



Sweets, chocolate and ice cream



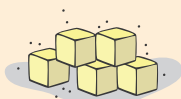
Can a large amount of sugar affect our kids?

Too much sugar consumption often means we eat too many calories. If we don't use them, our body will store excess calories as fat. This can lead to weight gain and serious diseases such as type 2 diabetes, with which people get younger than ever, as well as heart disease and cancer. Children who regularly consume sugar have a higher risk of getting sick, especially if the food they eat is sticky or they nibble between meals.

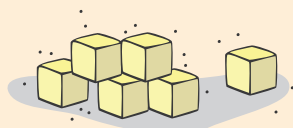
Healthy products for kids with reduced sugar content

How much sugar kids need?

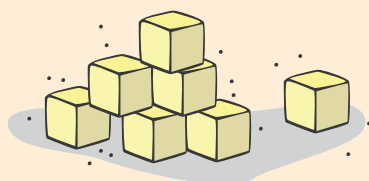
The World Health Organization's recommendation is -
no more than 5%
of the total amount of energy intake!



4-6 years **19 grams**



5-11 years **24 grams**



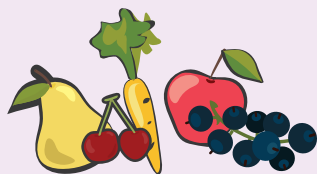
11-18 years **30 grams**

What do we need to know about sugar?

Added sugar



It is the sugar that is added during the production of the products to make them tastier. It does not just mean the sugar you add to your tea - it also includes honey and various syrups.



Sugar in fruits, berries and vegetables

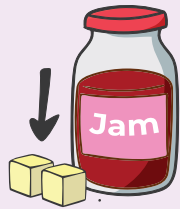
Fruits, berries and vegetables contain mainly fructose and glucose, as well as healthy nutrients such as fibre.



The added sugar and sugar obtained naturally from fruits and vegetables are completely different substances taking into account their effect on the organism. Our liver recycles natural sugar and added sugar in various ways, as herbal foods still contain vitamins and microelements without sugar. Refined sugar, meanwhile, loses valuable substances during the processing, so it can only provide the body with calories.

Jam

with reduced calorie



To reduce the amount of added sugar the fruit and berry cultivars with the highest soluble sugar content (at least 12-14 °Brix) are selected for the preparation of jams. Other fruits and berries can also be added to diversify the flavour and increase the nutritional value.

Name of the ingredients

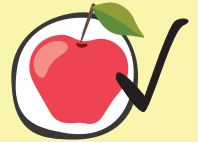
Apple puree	75%
Black currant, raspberries, plums or other fruits	15%
Sugar	10%



Preparation

- The apples are washed, cut and cooked in a pot with small amount of water until they are soft.
- Pass the apple mass through the sieve. Apple puree can be stored in the freezer at -18 °C for up to one year.
- Weigh the ingredients according to the recipe to prepare the jam.
- In accordance with the recipe, black currant or raspberry berries (fresh or thawed after freezing), plums or other raw materials are added to apple puree.
- Add sugar and boil for ~ 15 minutes then fill in jars. Cool and store in the refrigerator for up to 3 months.
- For longer storage, taking into account that the jam contains reduced soluble solids content, sterilization by autoclaving is recommended for quality assurance.

Apple cultivars grown in Latvia) suitable for the preparation of low-calorie jams:



CUKURIŅŠ; KONFETNOJE; KOVAĻENKOVSKOJE; TIINA; SALTANAT; AUKSIS; STARS; SĪPOLIŅŠ; SPARTANS; IEDZĒNU.

Healthy fruit and berry snacks

The fruit and berry snacks are made from dried, powdered press cake after the juice extracting. They contain a large amount of fibre, which is an important part of our diet.

Name of the ingredients

Raspberry powder	31,2%
Black currant powder	20,6%
Apple powder	11,0%
Cranberry powder	7,2%
Honey	30,0%

Raw materials

for fruit ball coating:

dried pumpkins, carrots, apples, pears, sea buckthorn, cranberries, lingonberries, herbs, etc.



Preparation of powdered press cake

- Dry the press cake at approximately +50 °C until it is dry and easy to pulverise.
- Grind the press cake in a coffee grinder, put in a hermetically sealed container (for example, in a jar with lid) for longer storage.
- The recommended shelf life for ground press cake powder in a dark place is ~ 3-6 months (no longer recommended, because the omega 3 and omega 6 fatty acids in the seed will oxidize in the presence of oxygen).

Product preparation

- Measure out the required ingredients according to the desired amount of product.
- Mix the fruit and berry powders, add the honey and mix all again intensely and evenly.
- Formed the balls from the prepared mass (recommended weight 8-10g).
- Cover the fruit-berry balls with fruit, berry, vegetable crumbs or powders.
- Place to dry.
- The prepared fruit-berry balls are packed in closed bags or cartons.
- Recommended storage time ~ 3 months.