



Kids to curb carbs!

Do not “over-carb” kids to avoid obesity. Most children consume a massive 60% of carbs during their school day which results in a high release of the hormone insulin & leaves kids prone to over eating straight after school, making them less likely to eat a healthy dinner.

More proteins need to be consumed in a bid to fight the battle of obesity from a young age!

How much protein is your child consuming daily?

Carbs?



Protein?



What's in your kids lunch box?

“a wholistic approach to fitness and nutrition”

