

# A HANDFUL OF CASHEWS



Strong immunity helps to cut down the risk of infection in children and keep them healthy. One of the most basic ways to boost immunity in both kids and adults is by including healthy and wholesome food to the plate.

Recently, celebrity Nutritionists Rujuta Diwekar and Somya Gupta have spoken about the significance of giving children the right foods.

In an hour-long interaction, the duo discussed subjects such as the essential foods that children must be fed. And among the 5 foods that are a must to add to your child's diet is Cashew.

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*Excerpts from the interaction:*

Rujuta: Hi all, thank you very much for joining us on the 3rd part of the series of Immunity. Are there any special foods that children must eat? And if you have to tell me, 5 such foods that they must eat everyday which are good for their growth and for their immunity, what are those 5 foods?

Somya: Seasonally and locally available fruits, homemade pickles or chutneys, homemade sweets, rice, and the 5th food would be Cashews - A handful of Cashews, every day.

Maybe as a mid-meal between breakfast and lunch - with a fruit if they are having or any time of the day. So that you know, they get the micro-minerals; the vitamins and minerals

everything they require, to reduce the aches and pains in their legs, in their body, for a happy stomach, to boost immunity and just to say happy and fresh.

So, these are the 5 foods they must include every day.

Rujuta: Cool! Lastly you said Cashews. So, Cashews as you all know are good in micro-minerals, they are good in essential fats. And I think they are mood regulators.

So, if you want your children to stay calm, I think at least a handful of Cashews are necessary every day.

Those are really good tips Soumya, this is something that everyone must have.

- ✚ *India's leading nutrition and exercise science expert, Rujuta Diwekar is a vocal champion of using our common sense and un - complicating the act of eating.*
- ✚ *Somya Gupta completed her Masters in Clinical Nutrition and Dietetics from SNDT University, Mumbai, 2012. Has trained under and is working with Rujuta Diwekar as a senior Nutritionist since then.*



**Cashews are good for the immune system**

- ✓ **Cashews are Protein-Rich**
- ✓ **Cashews are a great Source of Zinc**
- ✓ **Cashews are a rich Source of Copper**
- ✓ **Cashews contain Vitamin C**
- ✓ **Cashews are an excellent Source of Antioxidants**
- ✓ **Cashews are Zero Cholesterol**

A row of nine cartoon children of various ethnicities and genders, holding hands in a line. They are drawn in a simple, colorful style.