



Healthy Hints for Parents - Part 5

Food for Thought

To all School Health Coordinators & Parents

This is part 5 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ www.kidzbodz.com.au & don't forget to make your Kidz Bodz School visit booking - individual class or whole school bookings available

What we feed our children can be directly linked to their behaviour. Have you ever noticed your child becoming restless, irritable and unable to concentrate after a birthday party or struggled to get them to sleep at night? Many teachers complain of the afternoon slump when the learning environment isn't as great as in the morning due to lethargic children with a decreased ability to concentrate.

We really need to have a close look at what foods we offer our children. Studies have shown that sound nutrition is directly related to the day to day functioning of a child's brain because nutrition is required not only for brain growth but for brain function. The most important nutrients for brain growth and development are protein, iron, zinc and fatty acid which can be found in foods such as meat, chicken, fish, eggs, milk, cheese and yogurt. Unfortunately there currently seems to be a type of "Western malnutrition" occurring in children from well off countries such as Australia who are eating plenty of the wrong kinds of foods and subsequently do not receive enough of these nutrients required for optimal growth and development. A diet of chips, snack foods, lollies, soft drinks, cordials and convenient processed foods straight of the shelf filled with artificial colourings and additives does not provide the nutrients required for encouraging the best from our children.

Here are a few suggestions on how to positively influence your child's daily nutritional intake and therefore encourage positive behaviours and optimal growth and development.

Watch out for packaged and highly processed foods:

Most snack foods begin as carbohydrates and are broken down for absorption within the small intestines as simple sugars.

Many packaged and highly processed foods are already in their simple sugar state and therefore are quickly absorbed and may result in a sugar hit with the following symptoms.

- Decreased attention
- Restlessness
- Aggressive behaviour
- Irritability

Avoid additives:

This usually means numbers. You can find numbers in the ingredients of most foods you buy. Here are a few problems they can cause.

621 = Monosodium glutamate or MSG can be found in corn chips, flavoured chips or snacks, flavoured noodles, savoury biscuits with pizza or chicken flavouring, some pies and sausage rolls, soups or sauces etc..

- Headaches, nausea, asthma, hyperactivity, depression, mood changes, sleeplessness.

282 = Calcium propionate – found in most breads

- Headaches, migraines, behavioural & learning problems, skin irritation, asthma and bed wetting

See www.fedupwithfoodadditives.info for detailed information

Remember - Fresh is Best!

Eat foods that are fresh and as close to their natural form as possible such as whole grain breads, fresh fruits and vegetables. They take longer to break down and therefore provide us with longer lasting energy. If we don't offer our children enough fresh food then they will have much less energy and concentration that they should have.

Invite Kidz Bodz to facilitate our fabulous Healthy Eating Awareness Program in your school and you will see your children begin to make positive changes in their daily food choices.

Make sure your school is a Kidz Bodz school. Book Today!

www.kidzbodz.com.au

1300 73 11 49