

Nutrition for a Healthy Family

Parents In Touch Workshop

BISC – Feb 2012

Agenda

- Building Blocks
- Food for the Brain
- Solving Problems
- Getting Started

Marketing



The Building Blocks of Health

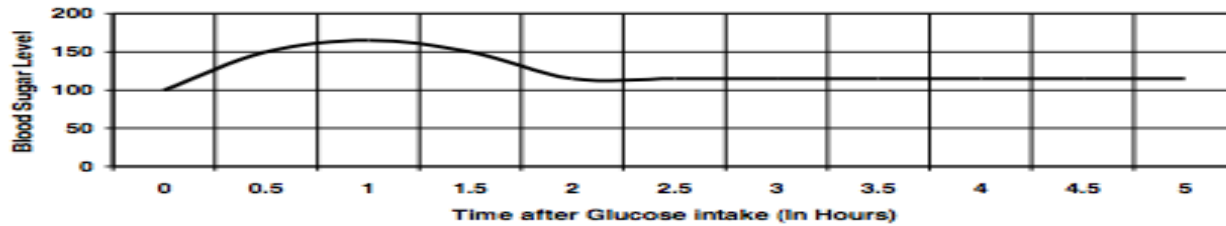
- Proteins: growth and repair of cells.
 - 22 AminoAcids, 8 Essential Ones
 - Baby being breast-fed get 1.5% protein from their total calorie intake.
 - Protein Sources: Eggs, Pulses, lean meat, fish, dairy, nuts and seeds, some grains (Quinoa).
 - 3-5 serving of protein/day – only one source of concentrated protein.
- Fats: keep us warm, source of energy, keep arteries supple, cushions internal organs, essential for brain function, proper immune function.
 - Saturated Fats, Unsaturated Fats (Essential Fatty Acids).
 - Babies and Children need much more than adults.
 - Serve red meat once/week – Avoid processed meats.
 - Fish once or twice/week.
 - Introduce Flaxoil
 - Fry only with olive oil, rapseed oil or a little butter.
 - Avoid processed foods, biscuits, pastries, cakes, etc..
- Carbohydrates: Major source of fuel
 - Fresh fruits, Vegetables, whole Grains, Fibre (soluble and Insoluble)
 - Avoid refined carbohydrates: 80% of nutrients are lost in the refining process (e.g. Calcium 60%, chromium 98%, Iron 75%, Magnesium 84%)
 - If it is white – Throw it Out

The Building Blocks of Health

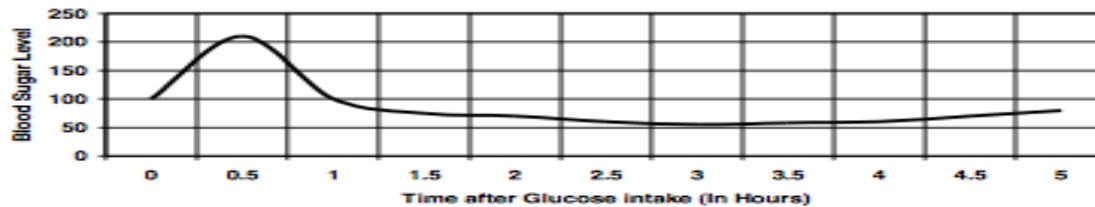
- Fibre
 - Soluble and Insoluble fibre
 - Chose raw vegetables and whole fruits instead of fruit juices.
 - Replace white flower and white rice by brown rice.
 - Replace meats with beans or other legumes in meals.
- Water
 - Fruits and vegetables contain 90% water.
 - Sugar, refined carbs are dehydrating.
 - Symptoms of dehydrations: thirst, headaches, constipation, dark urine, tiredness, lightly sunken eyes, lightheadedness, muscle weakness.
- Vitamins and Minerals
 - Needed in smaller amounts than macronutrients.
 - Vitamins create energy, boost immune system, maintain brain and nervous system, make healthy hair and skin, protect arteries and balance hormones.
 - Water and Fat-soluble vitamins.

Blood Sugar Balance

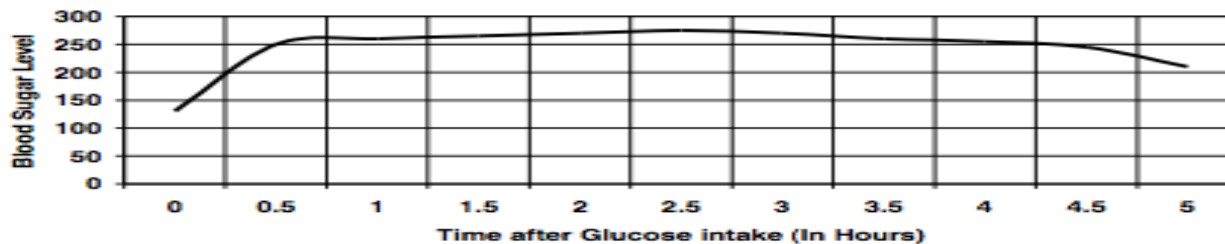
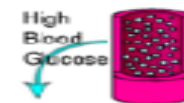
Normal Glucose Curve



Hypolycaemia



Hyperglycaemia and Diabetes (High Blood Sugar)



Food For The Brain

- What is the Brain Made Of?
- Essential Brain Food:
 - Balanced Blood Sugar: the brain's super fuel
 - Essential Fats: Smart head
 - Phospholipids: Memory molecules – Intelligent fats in our brains.
 - Amino Acids: Brain's messengers
 - Vitamins and Minerals: the intelligent nutrients that keep the brain in tune.
- Anti-Nutrients for the Brain:
 - Refined Carbohydrates
 - Damaged Fats
 - Chemical Food Additives
 - Toxic minerals
 - Food Allergens

Improving Brain Function

- Improving Mood and Behavior, IQ, reading and writing skills, memory and concentration
 - Optimize your child's intake of vitamins and minerals from Food and Supplements if needed.
 - Avoid Blood Sugar Imbalance - Cut Down on Sugars, have regular snacks, avoid concentrated fruit juices.
 - Optimize omega 3 fatty acid intake
 - Consider adding Lecithin to breakfast cereals.
 - Keep your Child Chemical-Free
 - Supplement with Vitamin D
 - Give TMG (Tri-Methyl-Glycine) rich foods such as root vegetables and sprouts (helps convert tryptophan to serotonin and phenylalanine to dopamine/adrenaline/noradrenaline)

Problem Solving

- Dyslexia and Dispraxia
 - Essential Fatty acid deficiency – dry skin, excessive thirst, eczema, asthma, dry eyes.
 - Copper Toxicity? – antagonize with VitC and Zinc
- Drug-free approach to ADHD
 - Cutting down sugar
 - Identifying food allergens – Food additives, Oranges, Chocolate, Cow's milk. Wheat, corn, Soya, peanuts, yeast and eggs..
 - Symptoms of Food allergies: facial puffiness, discoloration around the eyes, runny nose, digestive problems, asthma, bad breath, headaches and bedwetting.
 - Omega 3 fatty acids – vital for concentration and have a calming effect.
 - Supplementing nutrient deficiencies – Zinc and Magnesium
 - Antibiotics – Fix the gut and replenish gut flora.
 - The presence of undesirable microorganisms in the gut – yeast, ameba, etc..
- Answers for Aggression
 - Remove Sugar and additives from the diet
 - Check for food allergens
 - Check Nutrient Deficiency
- Dealing with Sleep Problems
 - Cut down on sugars, stress and stimulants
 - Solve Sleep Apnoea
 - Magnesium Deficiency?
 - Serotonin and Melatonin – Tryptophan rich foods (Eggs, Nuts and Seeds)

Getting Started

- Transition to a healthy diet
- Make sure your child is getting enough nutrients
- Choose a daily multivitamin and mineral supplement for your child.
- Increase your child's omega 3 fatty acid intake.
- Resolve feeding problems – Picky Eaters vs. Problem Feeders.
 - Reflux, Food Allergens and Intolerances, Medication side effects, Nasogastric Feeding tubes, dental problems.
 - Environmental problems: distractions, grazing, lack of routine, mealtime dynamics, table and chair height.
- Heal your child's gut
- Identify food allergens
- Elimination diets
- Explore additional supplements

The New Food Pyramid



Health Makers

- Fresh Fruits – preferably organic or GAP certified and eaten raw.
- Fresh Vegetables, sprouted beans and seeds.
- 100% whole-grain bread and pasta, whole grain cereals such as oats, muesli (read labels for hidden sugars).
- Fresh juices diluted with water.
- Nuts – walnuts, almonds, sesame seeds.
- Organic Eggs
- Pulses – lentils, beans, chickpeas.
- Fish – especially salmon, herring, sardines (processing damages the essential fats).
- Little Butter and Olive oil for cooking.
- Flaxseed Oil, added to food and in dressings or shakes.

Health Breakers

- White Bread, rolls and pastries
- White Pasta
- Cakes and Biscuits (refined and sugary)
- Jams – except 100% fruit jams.
- Tinned Foods: beans, soups, fruits.
- Chips
- Fizzy Drinks
- Chocolate and sweets.
- Foods with artificial color and flavors
- Ice Cream – Except homemade Ice Cream
- Margarines and processed oils
- Caffeine found in coffee, tea, chocolate drinks, some fizzy drinks.
- Salt.