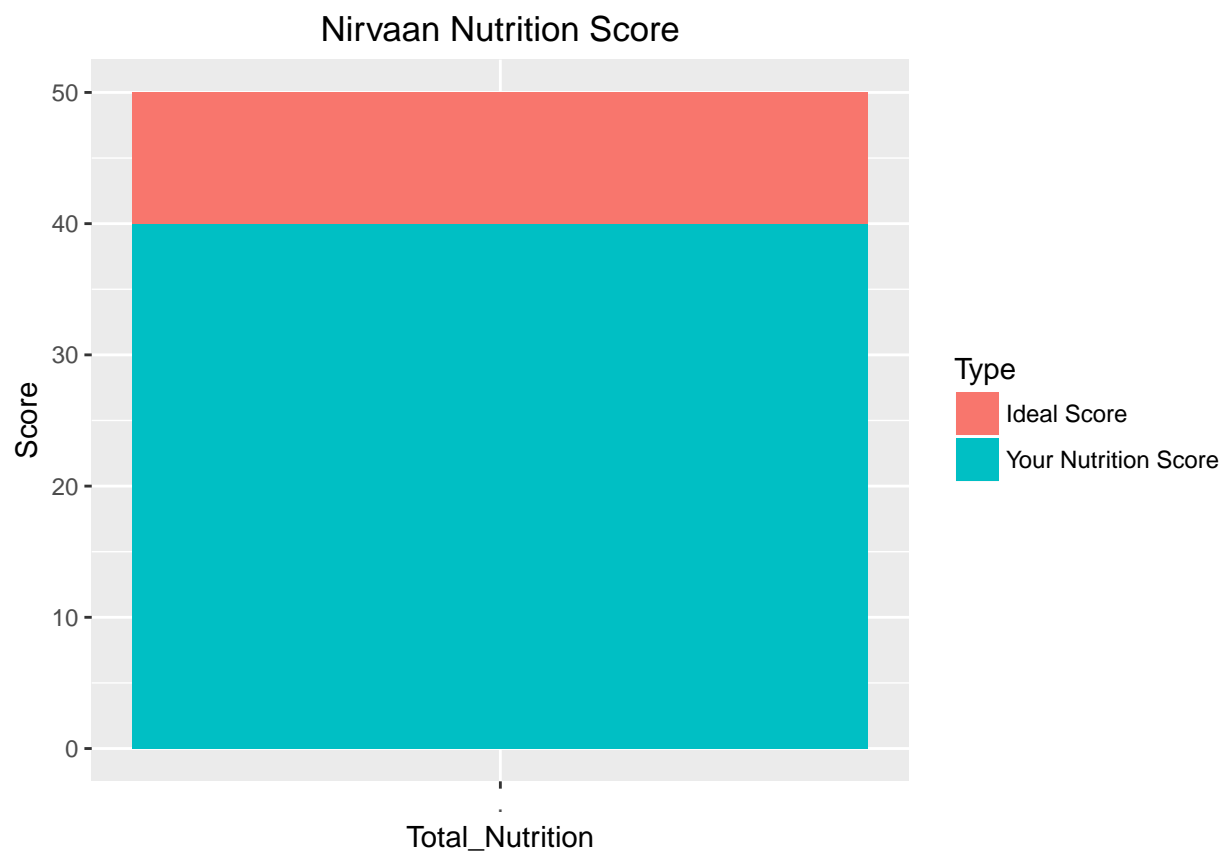


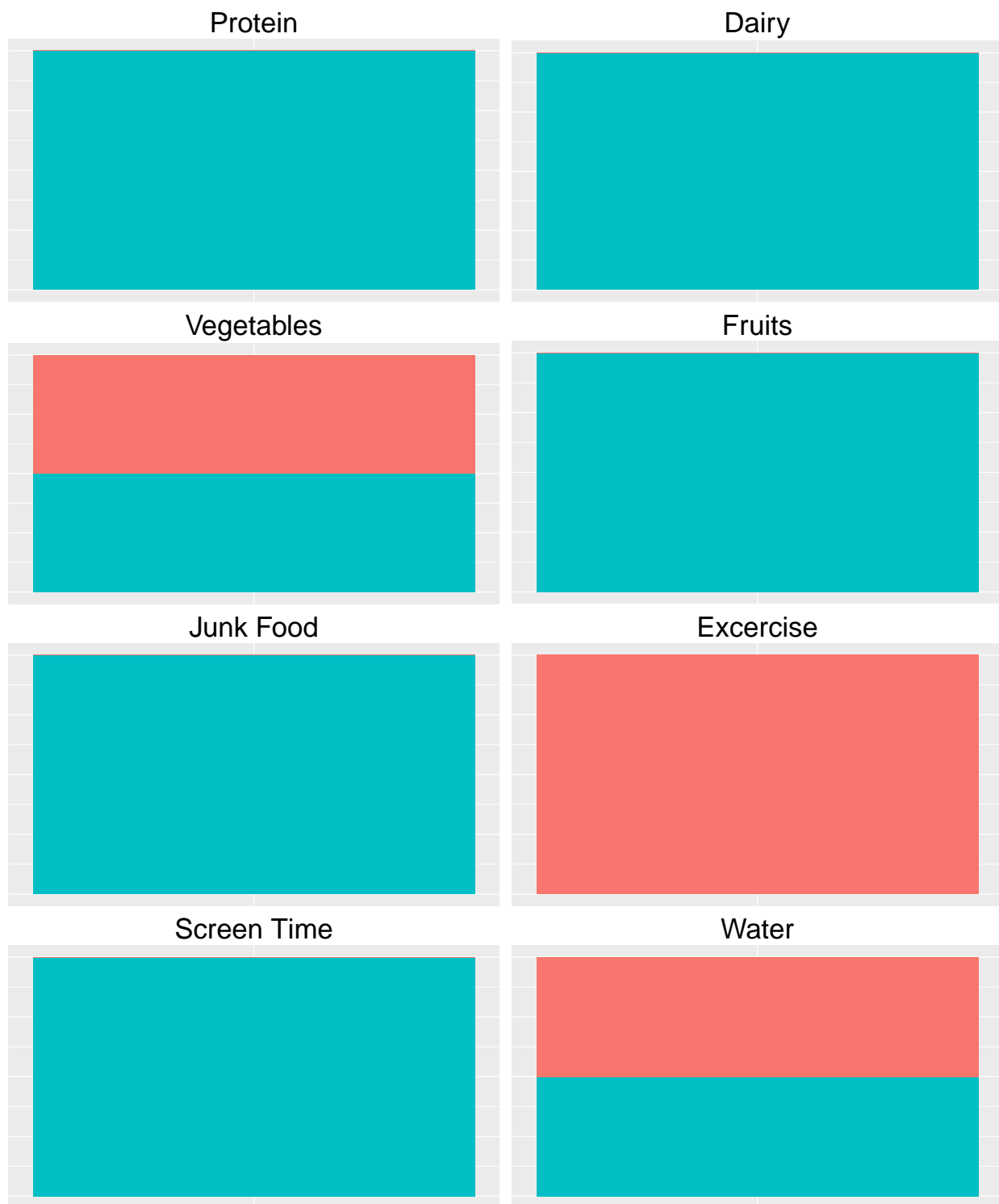
# Nutrition Report 2017



Methibai Devraj Gundecha Foundation's  
**CHATRABHUJ NARSEE SCHOOL®**  
*From Knowledge to Life*



Your child Nirvaan has a total nutrition score of 40 out of 50 possible points. Read on to know what you're doing well and how you can get even better



A higher proportion of blue/green indicates better performance. For example, blue/green in vegetables indicates that your child is getting enough vegetables, while more blue/green in junk food and screen indicates your child is getting *less* junk and screen time

## Things You're Doing Well

### Protein

Nirvaan is getting enough protein. This is great because protein repairs your builds and repairs body tissue and organs, especially vital at this age. Proteins also form antibodies that help prevent infection, illness, and disease. Good job at keeping Nirvaan healthy and safe!



### Dairy

Getting enough dairy is not a problem for Nirvaan . Dairy and dairy-containing foods contribute many essential nutrients. Calcium and Vitamin D, especially, are most easily absorbed from dairy. Both these nutrients are important in ensuring that Nirvaan has healthy bones and teeth



### Fruits

Nirvaan is getting enough fruit. Fruits give you sustainable energy, unlike sugar highs that last a few hours or less. Fruits also have many micronutrients. For example, citrus fruits and strawberries are rich in immune system-boosting vitamin C. Apples contain 16 different polyphenols, which are antioxidants with health-promoting properties. Eating fruits and vegetables in a rainbow of colors will provide a wide range of nutrients that will help keep Nirvaan healthy



### Junk Food

Unlike most kids, you are keeping Nirvaan 's fried and sugary intake to a minimum. Good job! Apart from promoting obesity and cardiac disease, sugar can have a harmful effect on academic performace. In an interesting study researchers fed normal preschoolers a high-sugar drink containing the amount of sugar in the average can of soda and compared them with children who received a non-sugar drink. The sugar group experienced decreased learning performance and more hyperactivity than the non-sugar group.

## Screen Time

Nirvaan is a rare gem. The majority of kids spend hours on screens. Excessive screen time at a young age can be harmful in many ways. For example, tablets are the ultimate shortcut tools. Unlike a mother reading a story to a child, for example, a smartphone-told story spoon-feeds images, words, and pictures all at once to a young reader. Rather than having to take the time to process a mother's voice into words, visualize complete pictures and exert a mental effort to follow a story line, kids who follow stories on their smartphones get lazy. The device does the thinking for them, and as a result, their own cognitive muscles remain weak.

## Things You Could Improve at

Below are some tips on how you could improve Nirvaan health and nutrition. After going through the bulleted tips and your appointment with the nutritionist, we recommend you select 3-5 tips to focus on and improve over the next year



### Vegetables

Nirvaan could do with more vegetables in his diet. They have nutrients that can boost immunity and keep ailments like a common cold and flu at bay. It's especially important that Nirvaan is eating vegetables at this early age because food tastes are formed young. Eating vegetables in a rainbow of colors will provide a wide range of nutrients that will help keep Nirvaan healthy

- Include vegetables in almost all foods (finely chopped if necessary)
- Offer vegetable sticks like cucumber and carrots with curd dips or hummus
- Add slices of cucumber, capsicum, grated carrot and lettuce to sandwiches
- Use pureed or grated vegetables in pasta sauces or soups
- Include them in parathas (even aloo parathas can have other mashed vegetables)
- Keep trying. It takes almost 10 times before children warm up to a particular food

### Exercise

Getting more physical activity would be good for Nirvaan. This is especially important at a young age because physical (body) and cognitive (brain) development go hand-in-hand. While this continues for life, this relationship is most critical at a young age. When kids are active, their brain develops, allowing for new types of activity. Frequent physical activity has been associated with improved behavior in the classroom and beyond. Aerobic activity has been shown to increase the size of essential brain structures and number of neural connections. Here are a few things you could do to encourage more physical activity.

- Most importantly be a role good model. If children see you being active they will follow suit.
- You could initiate forming a play group with other children
- Walk short distances with the child instead of taking a vehicle
- Decrease screen time as hand held devices, computers and mobile phones for a few hours may reduce active play time

## Water

Nirvaan is not getting enough water. Kids don't always recognise the early stages of thirst, which can make them particularly vulnerable to becoming dehydrated, especially during times that can drive up their body fluid losses, for example when they are playing sport or during warm weather. Dehydration, even if only mild, can cause tiredness, headaches, lack of concentration, reduced mental performance and dry skin. Here are a couple things you can try to make Nirvaan drink more water

- Diluting a fresh juice with some water is an option if the child is not willing to drink water voluntarily
- Actively encourage them to drink more and lead by example

