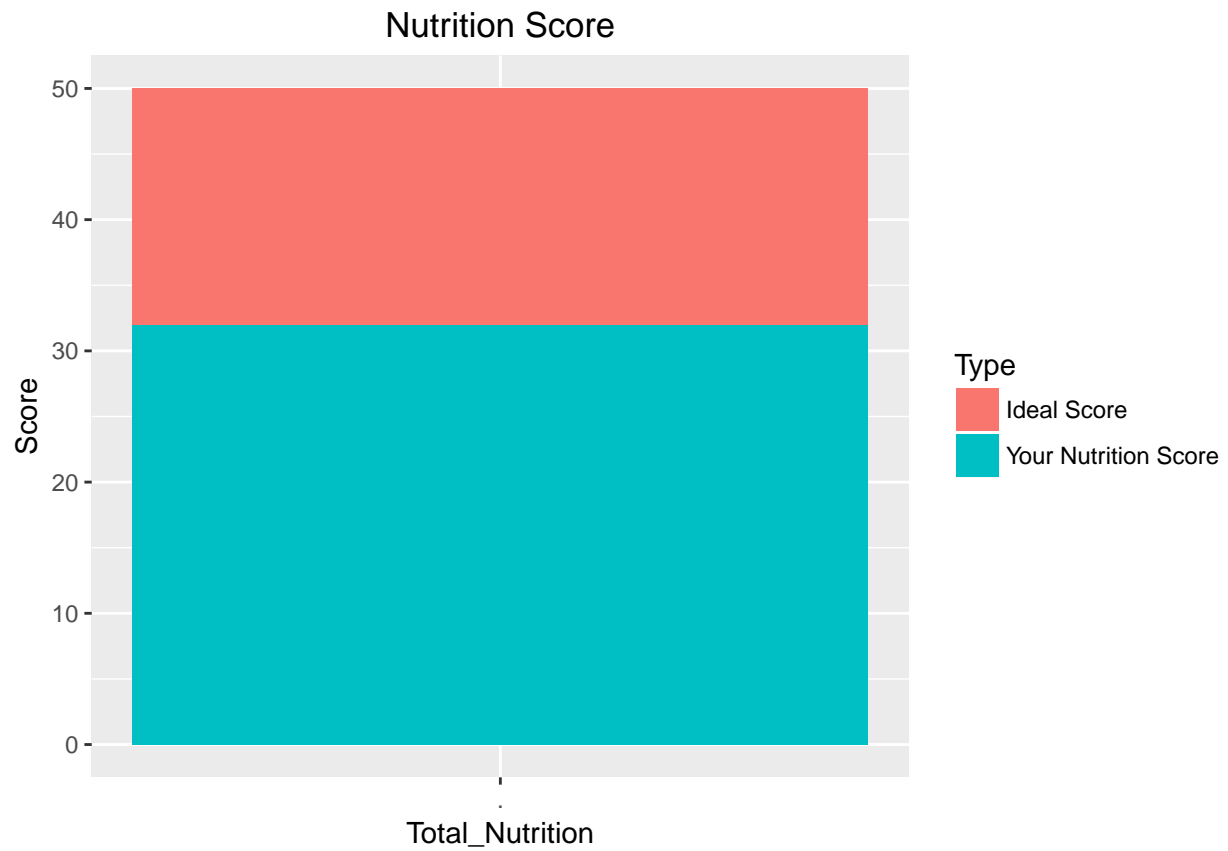


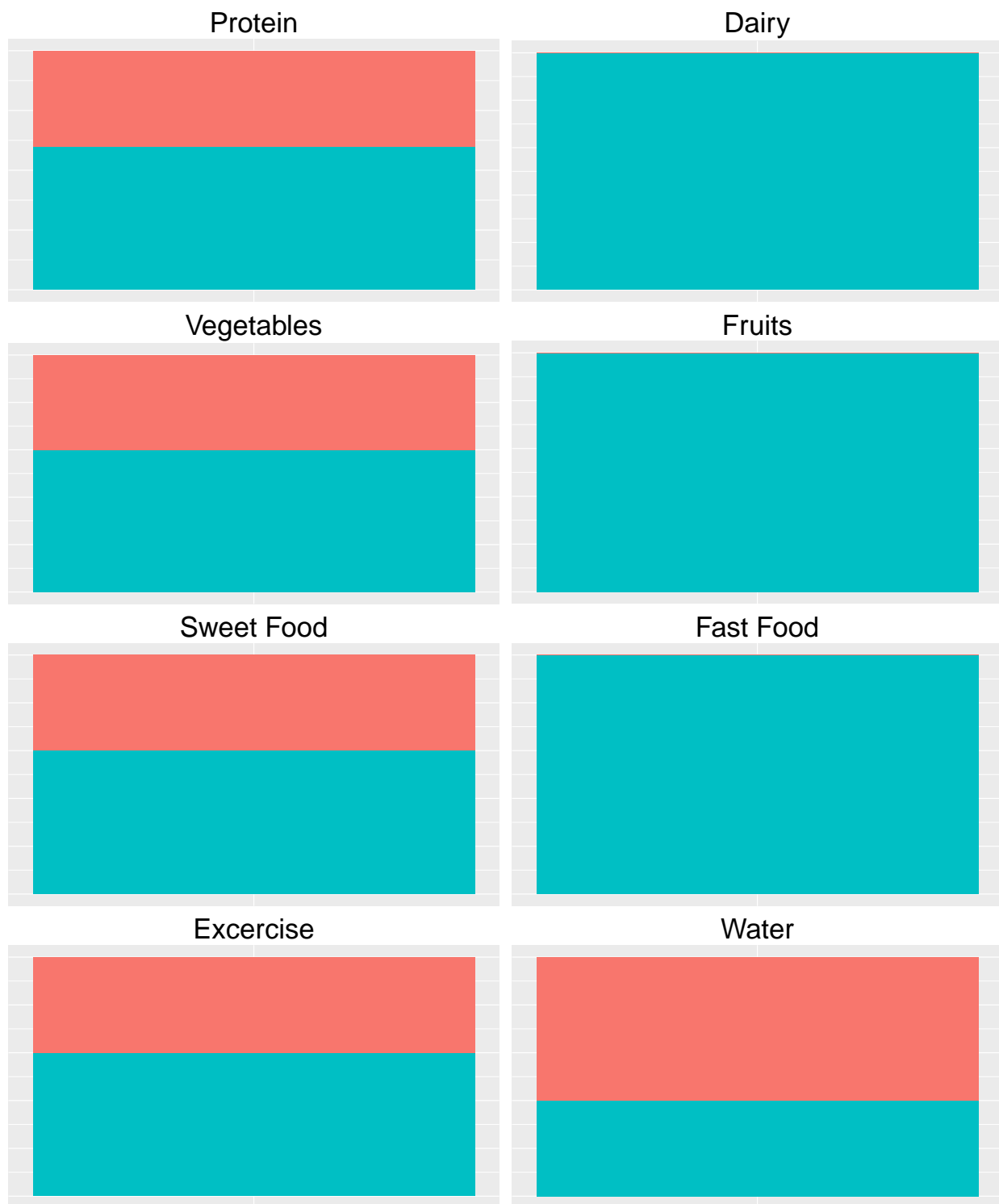
# Nutrition Report 2017



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



Arav has a total nutrition score of 32 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



### Dairy

Getting enough dairy is not a problem for Arav . 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 Arav has healthy bones and teeth



### Fruits

Arav 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 Arav healthy

### Fast Food

Excellent! In comparison to other children, Arav 's intake of the processed and junk food is in check. These foods are high in fats and sugars and low in fiber. Healthy eating habits affects children's physical, mental and physical growth through the essential growing years. And keeping a check on the intake now will only pave for a healthier life during adulthood.

## Things You Could Improve at

Below are some tips on how you could improve Arav 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

### Protein

Protein intake is more than the recommended protein requirement for the age. Extra protein can cause an increase in fat mass in the child and extra protein does not necessarily lead to stronger muscles and bones later. Though protein is good for children, high intake would mean compromising on rest of the essential food groups. You could analyse the diet with the nutritionist to understand those foods that can be reduced eg.

- The child may be having extra servings from the dairy group
- There may be more reliance on the foods from the egg and meat section and less from the vegetable and fruit group



### Vegetables

Arav could do with more vegetables in diet. They have nutrients that can boost immunity and keep ailments like a common cold and flu at bay. It's especially important that Arav 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 Arav 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



## Sweet Food

Arav needs to keep a tab on the intake of sugar based foods. High intake can affect the bone development, the brain activity and contribute to unnecessary empty calorie intake. It has been well documented in various studies that high intake of sugar in foods decreases attention span and memory. Some things you can do as a parent to reduce the intake of sugar in his diet

- Parents - lead by example. If children see you snacking on sweet foods and drinks they will follow you
- Set a specific day and mealtime for dessert
- Offer sweet fruits or dried fruits as snacks
- Buy plain yogurt instead of the flavoured one and sweeten it with dried fruits or berries to enhance the taste

## Exercise

Getting more physical activity would be good for Arav 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

Arav 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 Arav 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

