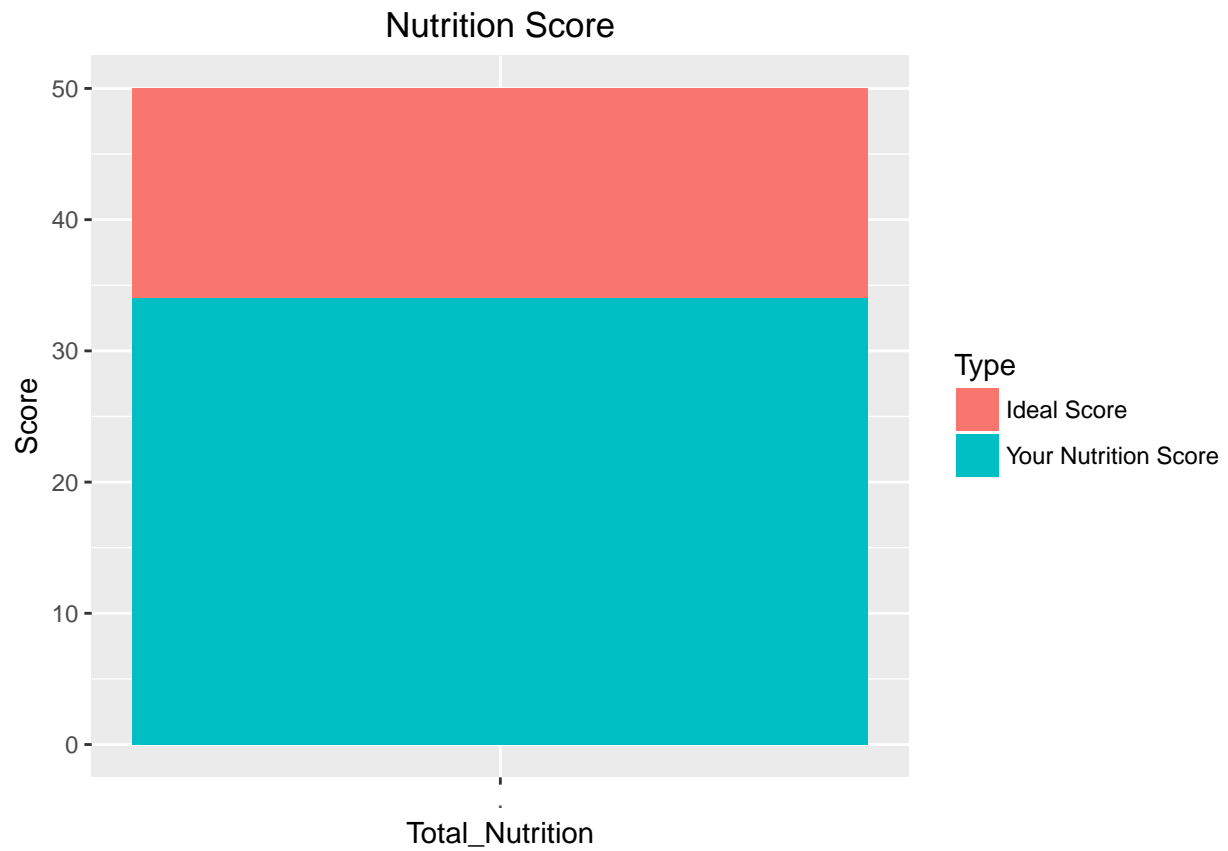


# Nutrition Report 2017



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



Zidaan has a total nutrition score of 34 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 Zidaan . 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 Zidaan has healthy bones and teeth



### Vegetables

Good job! Zidaan is getting share of vegetables. They have nutrients that can boost immunity and keep ailments like a common cold and flu at bay. It's especially important that Zidaan 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 Zidaan healthy

## Things You Could Improve at

Below are some tips on how you could improve Zidaan 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



### Fruits

It would be great if you could include more fruits in Zidaan's diet. 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.

- Try food smoothies or milkshakes as snacks
- Add fruits to salads which will make salad colourful and appealing
- Maybe add fruit to yogurt
- You can sprinkle chaat masala on fruits to improve how they taste
- Fruits can be added to cereal or porridge and to pancakes



### Sweet Food

Zidaan 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



## Fast Food

Zidaan seems to be getting more of junk and processed foods in his diet. Junk food is appealing to most children. However, regularly consuming fattening junk food can be addictive for children and lead to complications like obesity, chronic illness as well as affecting how they perform in school and extracurricular activities. Some strategies to help make healthier choices are:

- Stock your home with healthy snacking options like dried fruits, nuts, fruits and vegetables with dips like hummus and curd dips etc
- Cook healthier alternatives of junk food eg baked fries instead of frying them, homemade pizzas with the healthy base and sauce, homemade burgers, whole wheat pastas, etc

## Exercise

Getting more physical activity would be good for Zidaan 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

Zidaan 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 Zidaan 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

