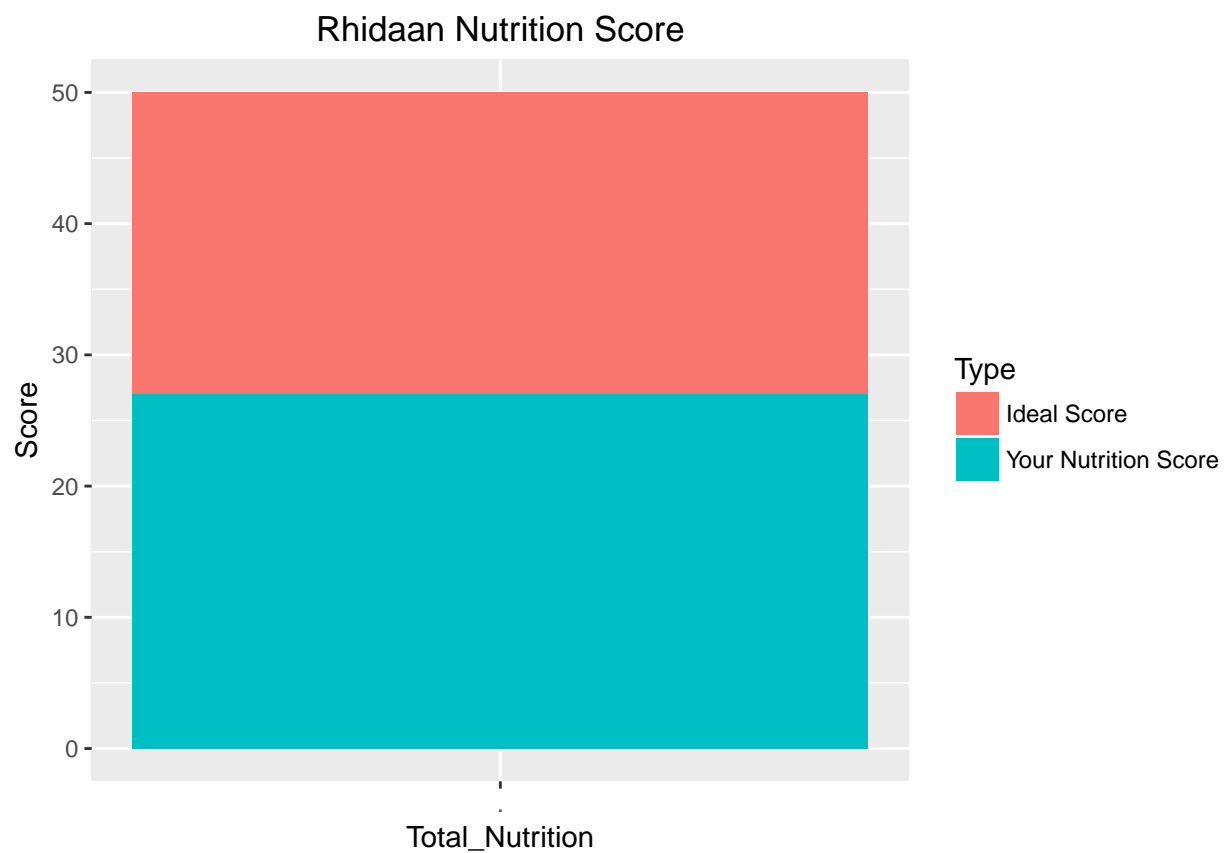


# Nutrition Report 2017



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



Your child Rhidaan has a total nutrition score of 27 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



### Fruits

Rhidaan 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 Rhidaan healthy

### Water

Rhidaan is getting enough water. Let this continue as 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.

## Things You Could Improve at

Below are some tips on how you could improve Rhidaan 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

Rhidaan needs to get more protein. 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. The following foods contain

- Dals and beans
- Nuts and seeds
- Eggs and poultry
- Fish



### Dairy

Rhidaan could do with some more dairy. 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 Rhidaan has healthy bones and teeth. You could squeeze in a serving as a snack in the evening, or a cup of yogurt post the evening play. Here are some other tips to increase his dairy intake:

- Add milk in homemade puddings or fruit custards. You can control sugar with homemade stuff.
- Parathas with paneer
- Cheese cubes with fruit can be a great snack



### Vegetables

Rhidaan 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 Rhidaan 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 Rhidaan 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



## Junk Food

Rhidaan could reduce his consumption of sweet and/or fried food. Apart from promoting obesity and cardiac disease, sugar can have a harmful effect on academic performance. 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. Here are some strategies for how to do that

- 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
- 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 Rhidaan. 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

## Screen Time

It would be good for Rhidaan to spend less time 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.

- You could replace time spent on screen by encouraging Rhidaan to spend more time playing. Maybe join a sports class or group?

