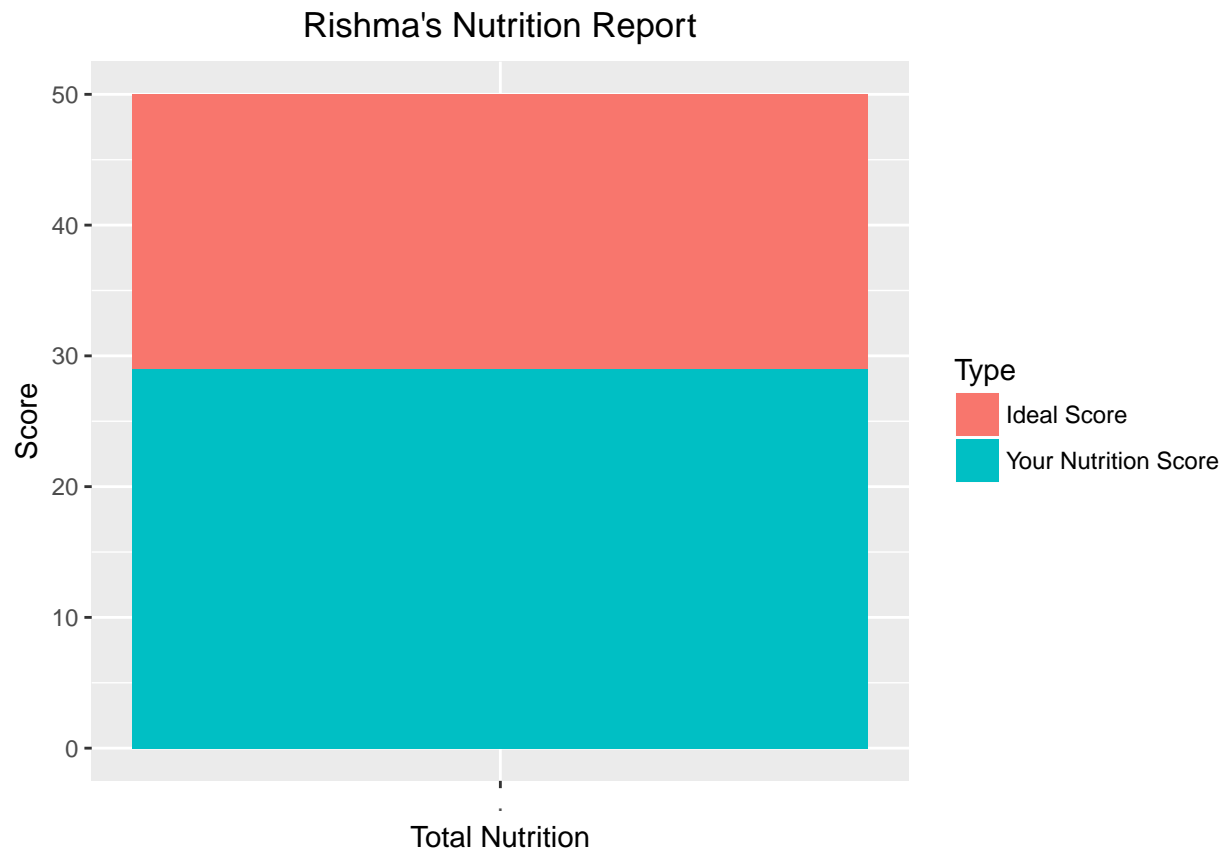


# Nutrition Report 2017

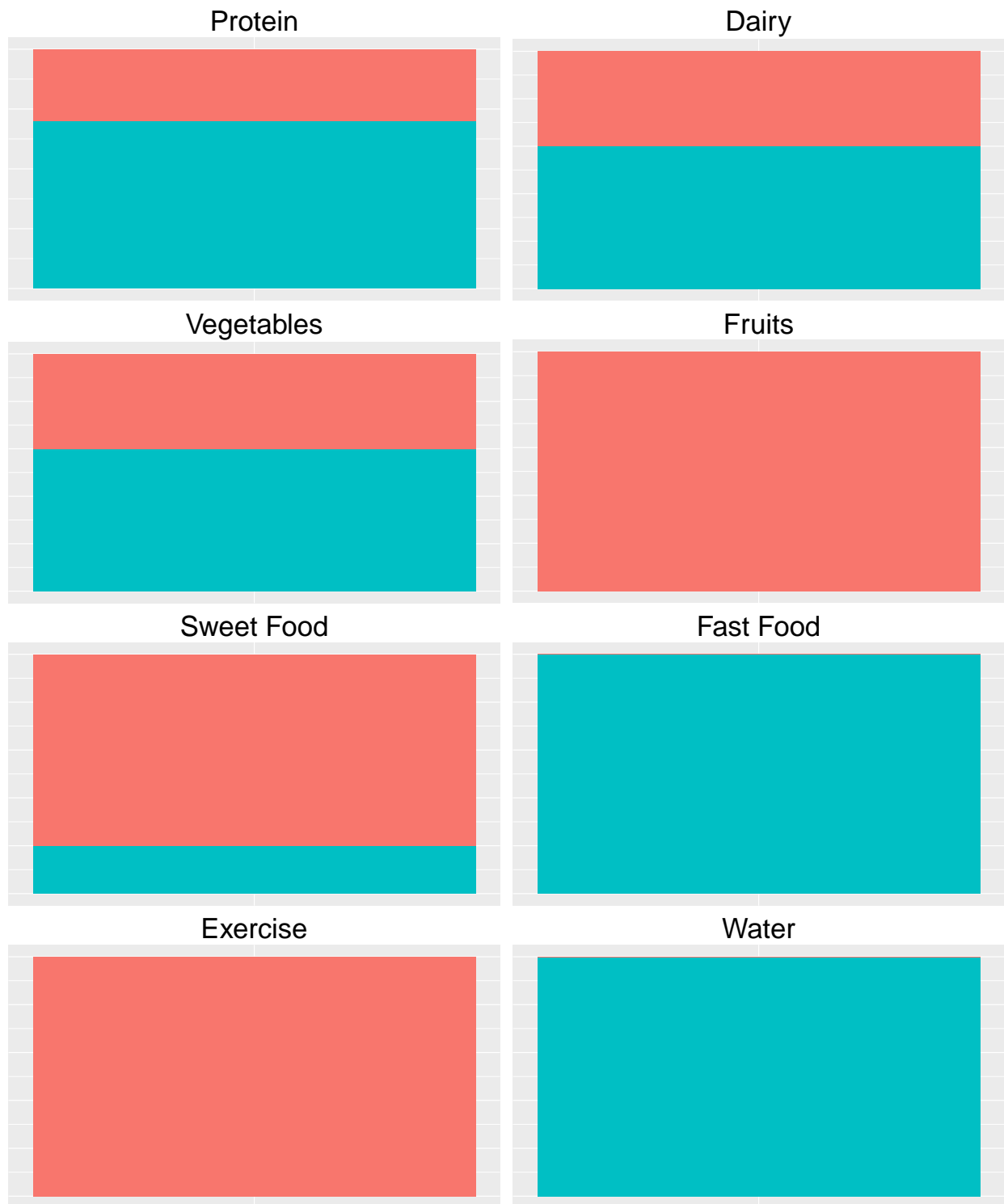


# **JAMNABAI NARSEE**

## **INTERNATIONAL SCHOOL**



Rishma has a total nutrition score of 29 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

### Fast Food

Excellent! In comparison to other children, Rishma '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.

### Water

Rishma 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 Rishma 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

Rishma 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 protein:

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



### Dairy

Rishma 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 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 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

Rishma 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 Rishma 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 Rishma 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



## Fruits

It would be great if you could include more fruits in '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

Rishma 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 her 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 Rishma 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

