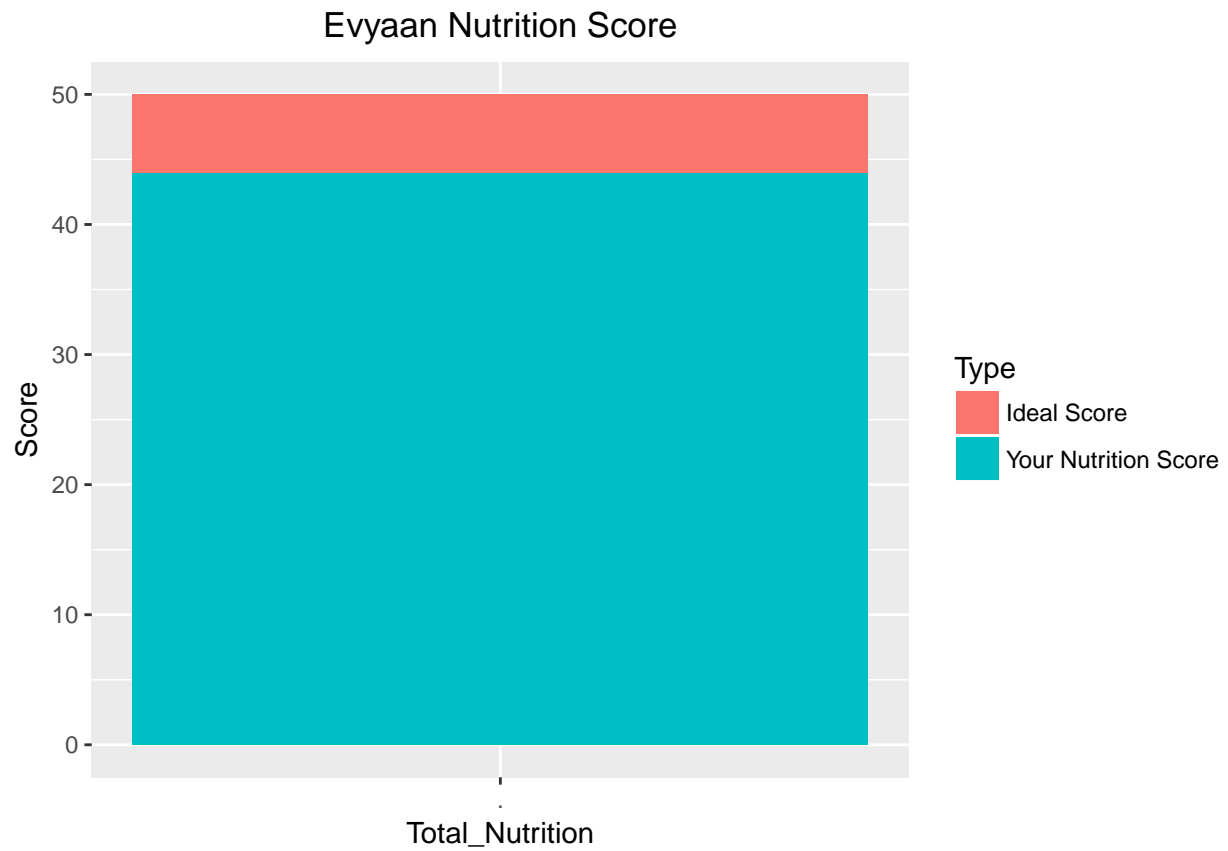


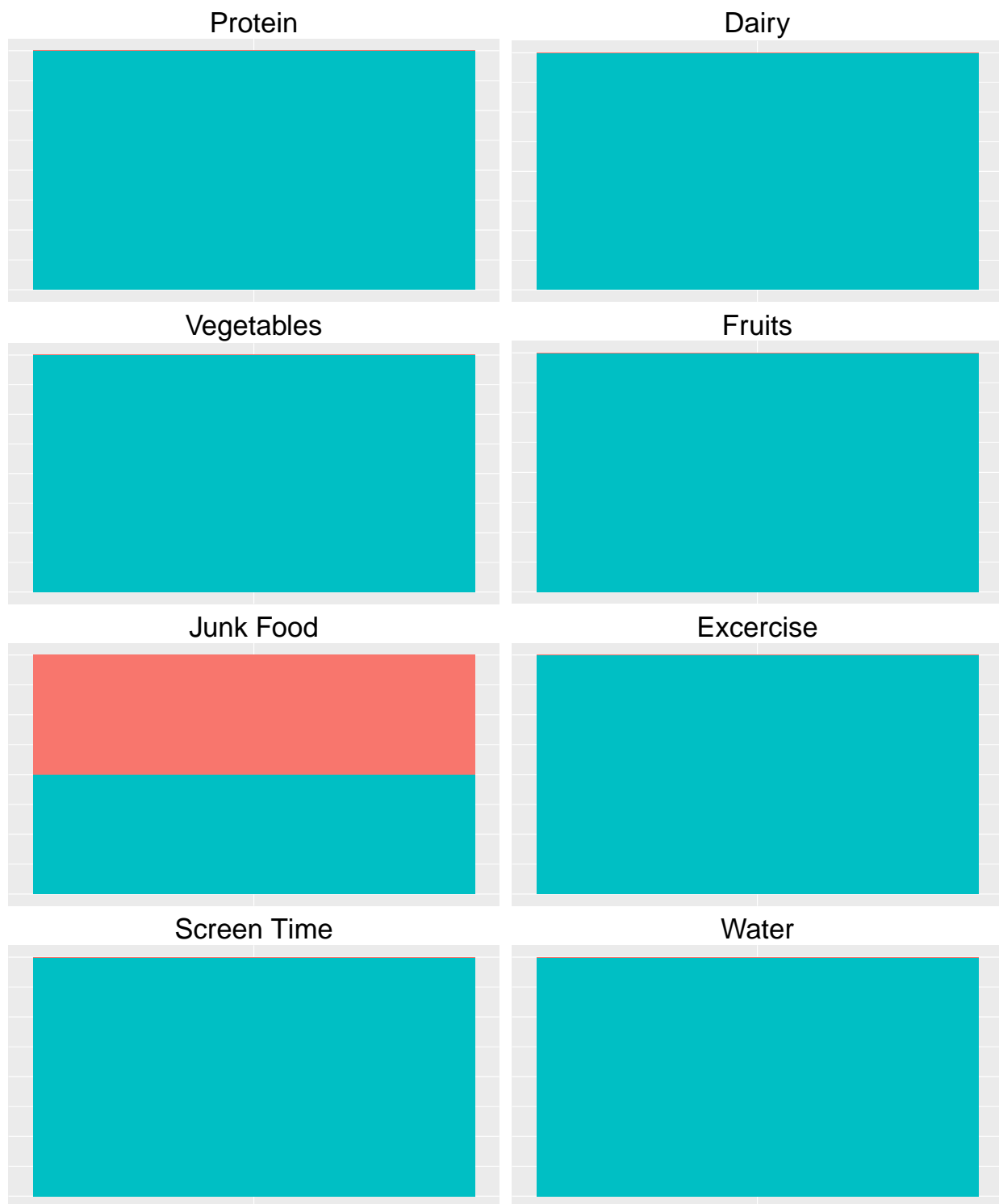
# Nutrition Report 2017



Methibai Devraj Gundecha Foundation's  
**CHATRABHUJ NARSEE SCHOOL<sup>®</sup>**  
*From Knowledge to Life*



Your child Evyaan has a total nutrition score of 44 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

Evyaan 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 Evyaan healthy and safe!



### Dairy

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



### Vegetables

Good job! Evyaan is getting his 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 Evyaan 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 Evyaan healthy



### Fruits

Evyaan 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 Evyaan healthy

## **Exercise**

Evyaan seems to be getting enough physical activity. 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.

## **Screen Time**

Evyaan 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.

## **Water**

Evyaan 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 Evyaan 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



### Junk Food

Evyaan 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

