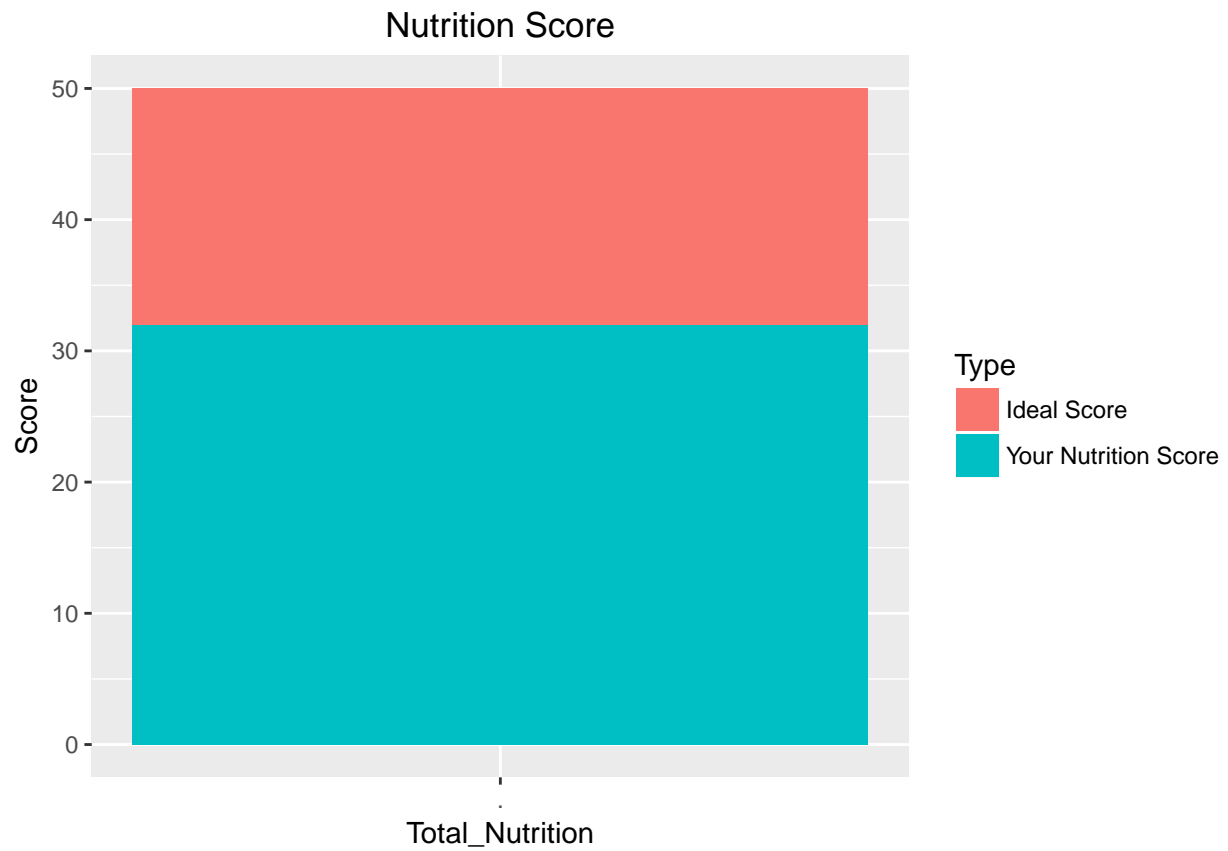


Nutrition Report 2017



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



Anushka 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



Vegetables

Good job! 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 Anushka 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 Anushka healthy

Exercise

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.

Water

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 Anushka 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



Dairy

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



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

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



Fast Food

seems to be getting more of junk and processed foods in her 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

