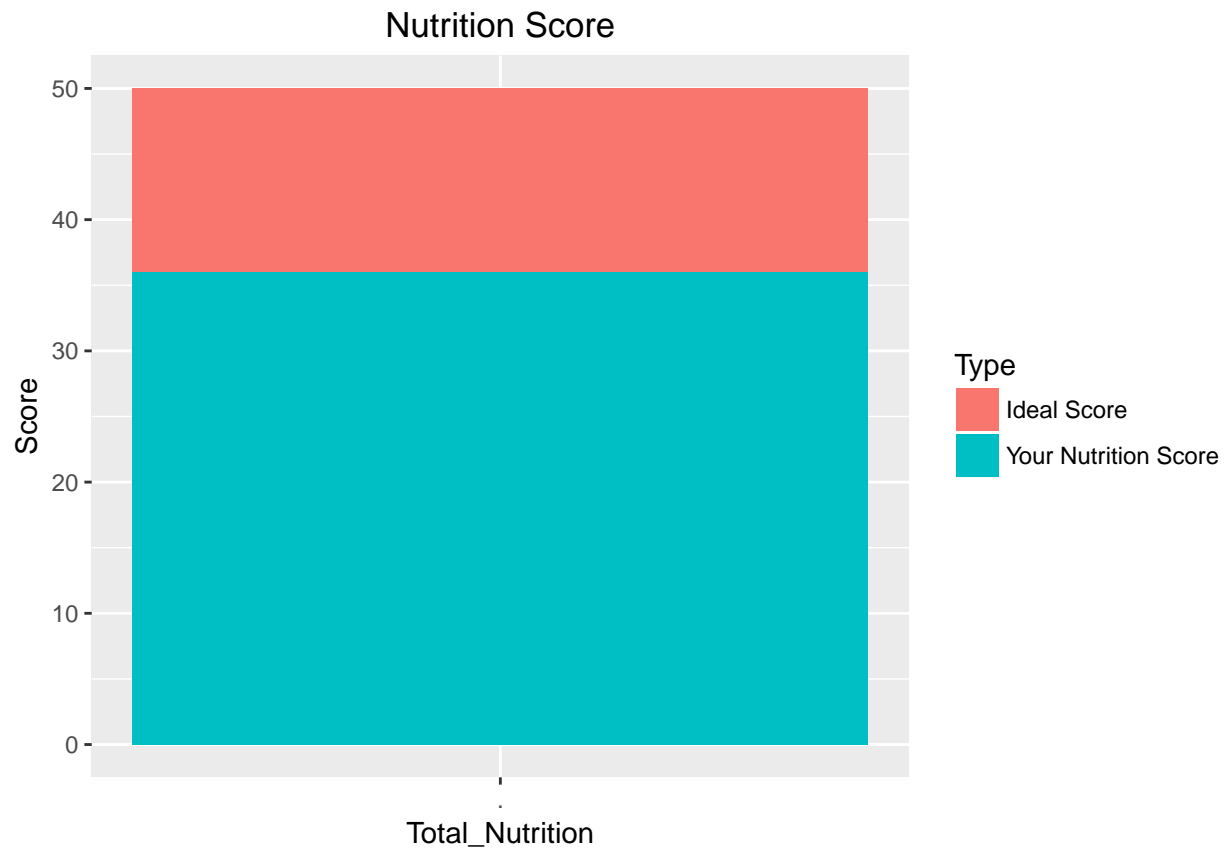


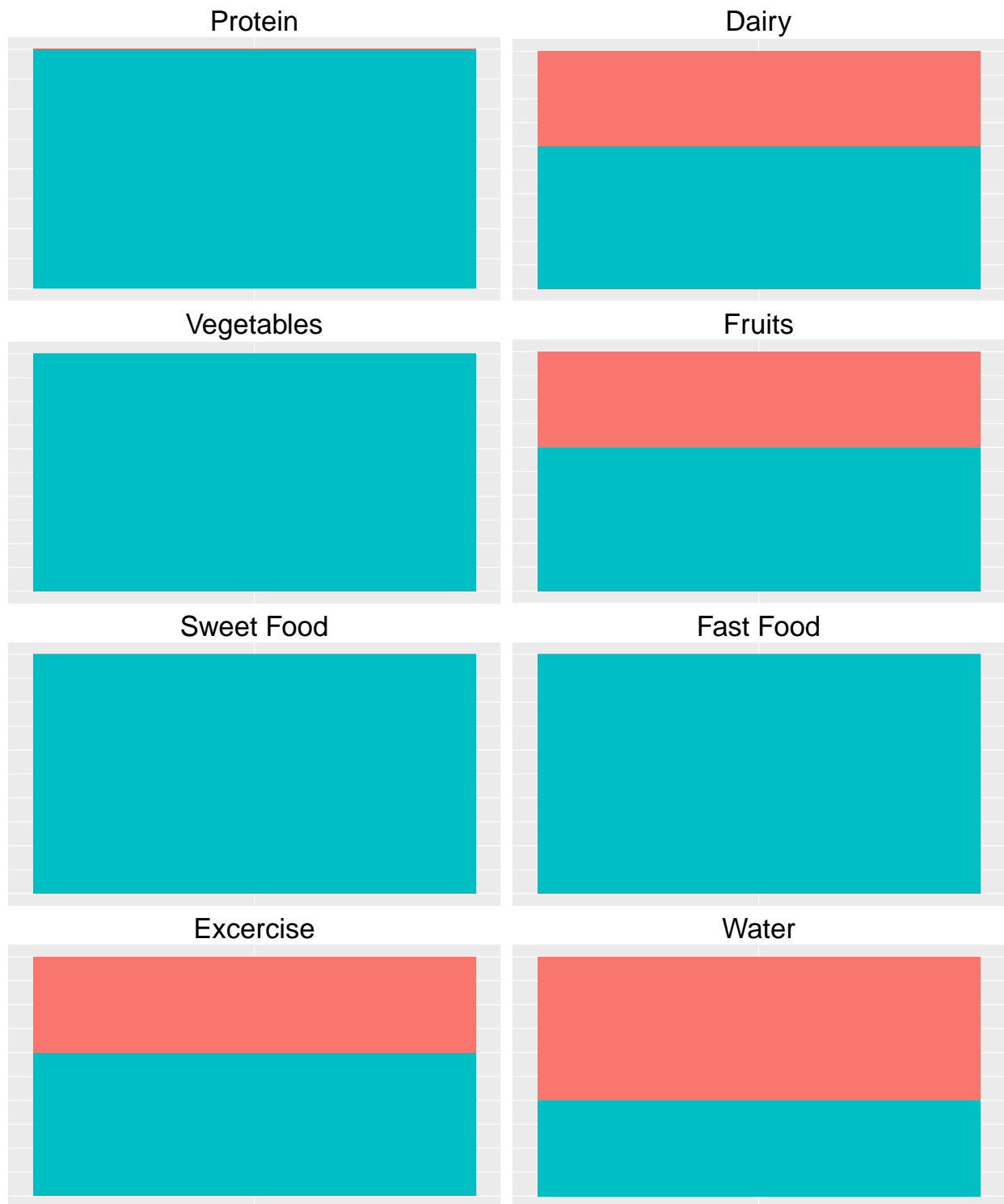
# Nutrition Report 2017



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



Hrishita has a total nutrition score of 36 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

Hrishita 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 Hrishita healthy and safe!



### Vegetables

Good job! Hrishita 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 Hrishita 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 Hrishita healthy



### Sweet Food

We are happy to notice that unlike other children Hrishita is keeping her intake of sugar to a minimum. Apart from promoting obesity and cardiac disease, sugar can have a harmful impact 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. So, great job!

### Fast Food

Excellent! In comparison to other children, Hrishita '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 childrenâs 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.

## Things You Could Improve at

Below are some tips on how you could improve Hrishita 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



### Dairy

Hrishita is currently having more of dairy foods than what is needed at her age. Yes, dairy is good for growing children to help maintain strong teeth and bones, but including too much can mean filling up the children and increasing the chances that they forgo other nutrient rich foods. You could analyse the diet with the nutritionist and make the following changes if applicable:

- Reduce the intake of milk if he/she is having more than 3 servings of milk per day
- Restrict the intake of cheese if it is added to almost all foods (after all cheese can increase the total calorie intake even in children)



### Fruits

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

### Exercise

Getting more physical activity would be good for Hrishita. 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**

Hrishita 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 Hrishita 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

