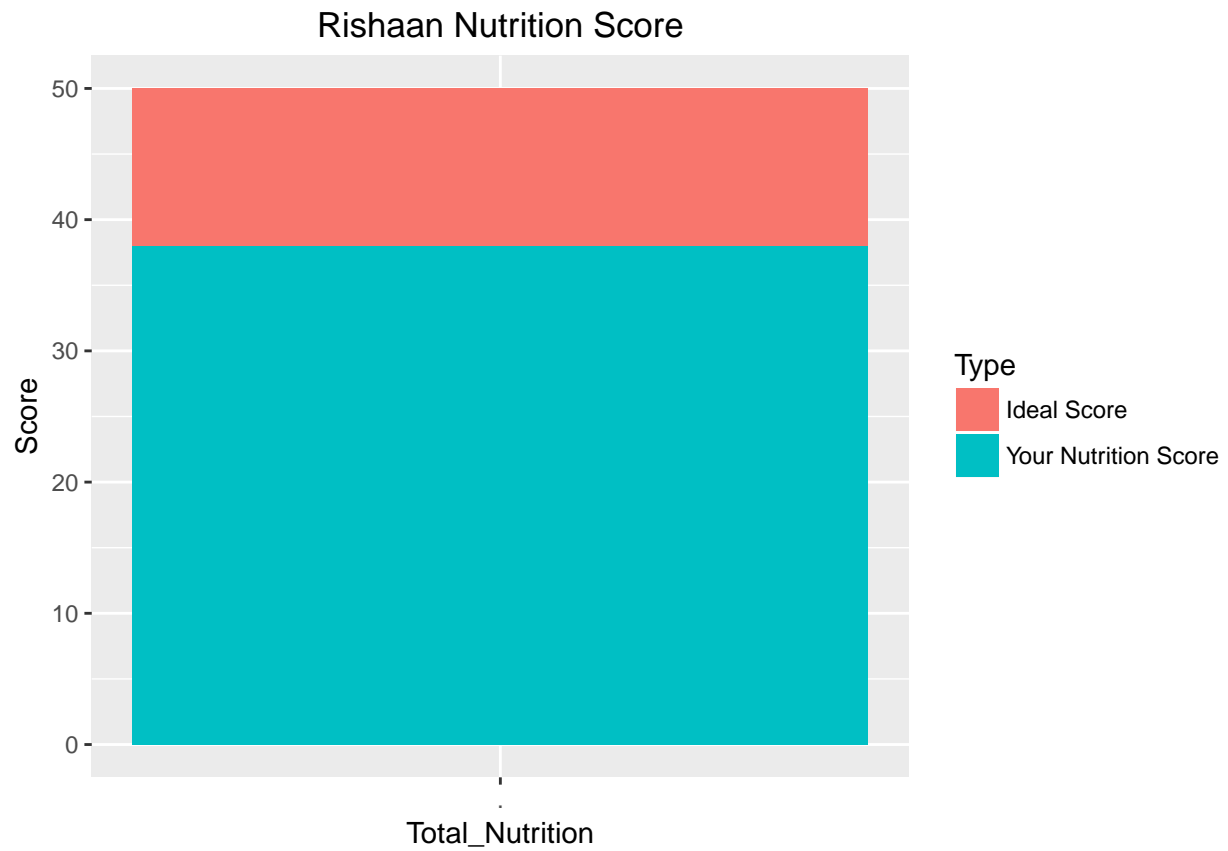


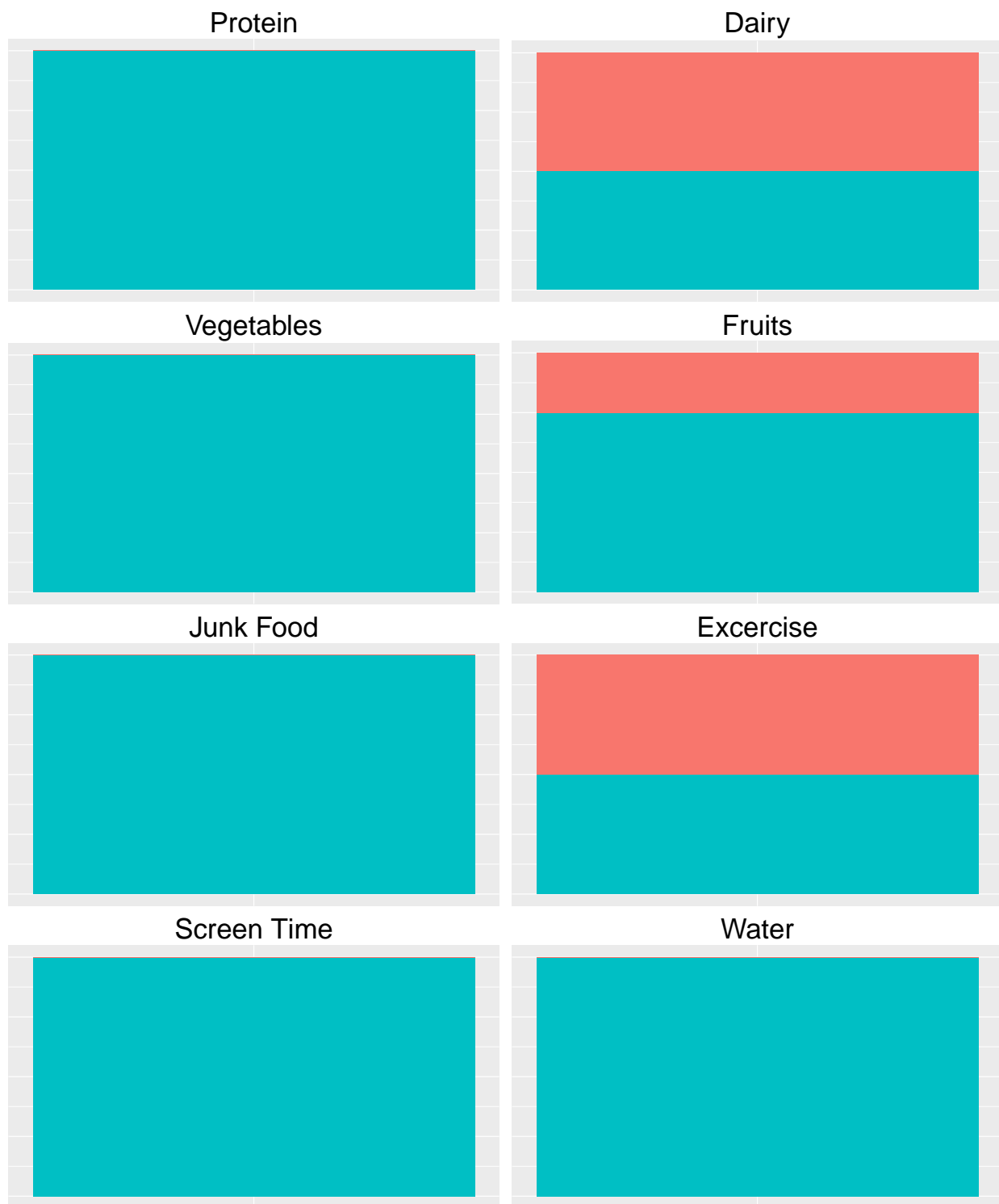
# Nutrition Report 2017



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



Your child Rishaan has a total nutrition score of 38 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

Rishaan 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 Rishaan healthy and safe!



### Vegetables

Good job! Rishaan 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 Rishaan 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 Rishaan healthy



### Junk Food

Unlike most kids, you are keeping Rishaan's fried and sugary intake to a minimum. Good job! 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.

### Screen Time

Rishaan 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**

Rishaan 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 Rishaan 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

Rishaan 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 Rishaan 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



### Fruits

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

