



melmed center

Nutri-Tip from Jan

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Picky Eaters

Common nutrient deficiencies

- Iron: carries oxygen to all tissues particularly the brain. Too little iron in the body can negatively impact mental/motor development, energy levels and social/emotional behavior.
- B-12: plays an important role in building the brain and optimal cognitive function. Deficiencies are associated with language/social and motor development, and behavioral issues.
- Omega-3 fatty acids: build the brain's circuitry. Deficiencies are linked to behavior, mood and cognitive deficits including inattention, hyperactivity, impulsivity, depression and aggressiveness.
- Zinc: protects and builds the central nervous system. Low zinc status is associated with loss of appetite, deficits in cognitive and emotional functioning and motor development.
- Vitamin D: is critical for healthy bones and teeth. Receptors are also found in the brain. Deficits are associated with depression, autistic symptoms, and cognitive impairment.

Want to Learn More?

Even the smallest nutritional change can improve physical and mental well-being.

Our metabolisms are as unique as our fingerprints. If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.
Please contact the front office for details!