



melmed center

Nutri-Tip from Jan

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Mindful Meal & Snack Planning in the New Year

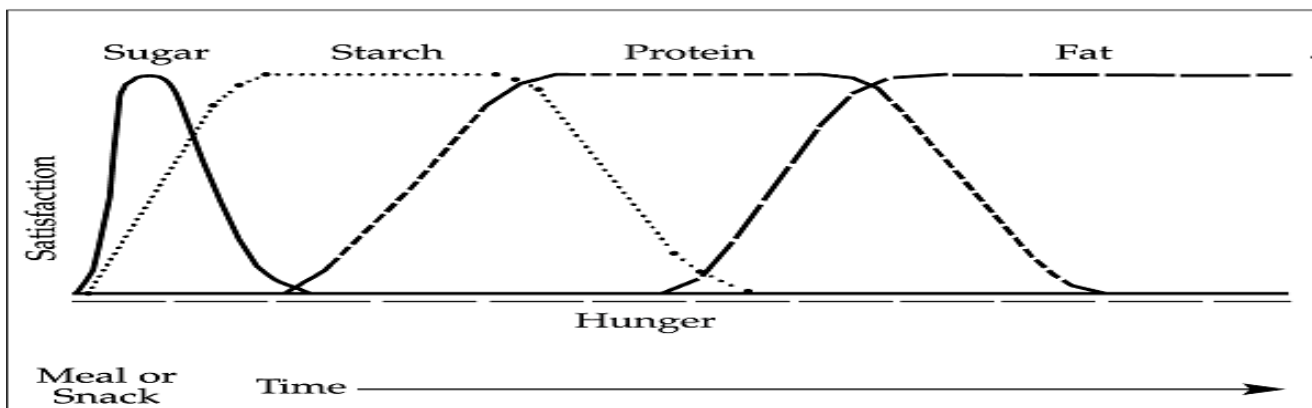
The satisfaction response from consuming a sugar only meal or snack is fast because sugar enters into the bloodstream quickly with little digestion required. The child who has eaten a sugar-only snack or meal will soon be hungry, and may even become unmanageable as a result.

The satisfaction response from consuming a sugar and starch meal or snack is slower than sugar because the starch has to be digested before it can be absorbed into the bloodstream. The staying power is longer than sugar but the active child's body and brain may soon be hungry.

Adding protein to a snack or meal makes it last longer because it has to be broken down into amino acids before it can be absorbed into the bloodstream. It has about five times the staying power of a sugar only meal or snack.

The presence of fat in a snack or meal slows down the rate in which the whole meal is used and provides maximum staying power with starch and protein – the perfect combination for breakfast and lunch on a school day to support focus, behavior, mood and energy levels!

SATISFACTION FROM CONSUMING SUGAR, STARCH, PROTEIN AND FAT



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!

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