



melmed center

# Nutri-Tip From Jan

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## Summer “Back to School” Meal Planning

The start of the new school year can be a mixed bag of stress, wonder, pressure, excitement, and the unknown! One thing for sure – eating adequately builds the nutritional control of error into the day to help keep it together – from start to finish (including sports, homework and a good night’s sleep!).

Intentional planning:

- Ensures there’s enough fuel on board to meet energy needs throughout the day
- Replaces eating behaviors compromising optimal mental and physical health
- Teaches and reinforces good eating habits for the new school year
- Inspires families to reclaim their kitchens and participate in food preparation
- Creates fun summer activities to enhance mealtime (shopping, peeling, measuring, stirring, taste-testing, looking for recipes, watching cooking shows (Master Chef and Master Chef Junior)
- Increases macro/micro nutrient intake to satisfy the pickiest of eaters and “out of control” carb aficionados

Eating right is so much more than taste (although deliciousness is a priority), it’s about feeding each and every cell and neuron with the utmost of intention and enjoying every bite. Will it be perfect? Never. Can nutritional planning be life changing? Absolutely!

### **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 have concerns about your child’s nutrition (or your own), schedule an appointment with Jan Katzen, CN, nutritional therapist, for a 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