



melmed center

# Nutri-Tip from Jan

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## Nutrition for Active Kids

I'm amazed at how little "real" food many children eat throughout the day despite their rigorous energy outputs. Between morning classes, afternoon classes, soccer practice, dance, homework, and all of the walking, playing and running in between - there is an output of energy comparable to an athlete! Another important consideration – brains are consuming 20% of calories eaten daily – even when the child is sleeping.

With active, athletic children, I transform into their food coach and magically, a new perspective on adequate food choices is born. Even the pickiest of eaters or children with small appetites learn how to prioritize certain foods for added focus and energy to play their best game throughout the day - on and off the field!

### Priority Foods

- To fuel your child's muscles and brain: carbohydrates from whole grains (germ and bran in-tact), legumes, nut butters, sprouted grain breads, vegetables
- To help active kids build and repair muscle: proteins from meat, fish, chicken, eggs, fermented soy, legumes, nuts and seeds as well as yogurt and cheese. Protein supplement shakes are not necessary for your active child.
- Always ensure kids stay well hydrated in the summer. Water is the best fluid.

### **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!