

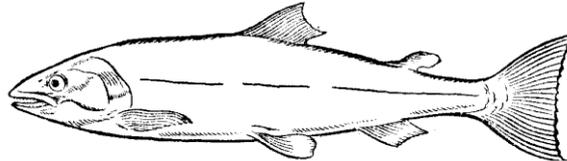


melmed center

# Nutri-Tip from Jan

*Volume 27, August 2019*

## Maximize Omega-3s



The following nutrients are interdependent and co-factor in essential fatty acid metabolism: Vitamins B3, B6, B12, and C, Magnesium and Zinc.

### **Eat these foods daily for optimal results:**

Good sources of Vitamin B3 and B6: Brewers yeast, whole grains, beans, peanuts with skin, green vegetables (spinach), carrots, meat, poultry, seafood, seeds, nuts, potatoes, blackstrap molasses, organ meats, eggs, fruit (bananas, prunes, watermelon).

Good sources of B12: Nutritional yeast, meat, liver, poultry, salmon, halibut, trout, scallops, clams, shrimp, sardines, eggs, milk, cheese, non-fat plain Greek yogurt.

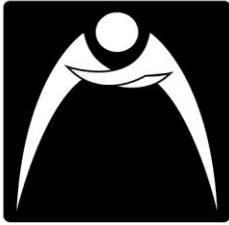
Good sources of Magnesium: Milk, eggs, green leafy vegetables, kelp, avocados, seafood (salmon, mackerel, halibut, yellow cornmeal, whole grains, flax and pumpkin seeds, beans, nuts, blackstrap molasses, dark chocolate, bananas.

Good sources of Zinc: Red meats, liver, shellfish, yogurt, nuts and nut butters, pumpkin seeds, sesame seeds, legumes, oatmeal, whole grains and corn, all fruit and vegetables, crimini mushrooms, spinach, asparagus, maple syrup.

Good sources of Vitamin C: Citrus fruits, strawberries, cantaloupe, watermelon, kiwi, sweet potatoes, cabbage, cauliflower, broccoli, snow peas, Brussel sprouts, sweet red and green peppers, pimento, parsley.

### **Want to Learn More?**

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 delicious, sustainable food plan. Contact the front office for a complimentary 10-minute phone or in-person consult with Jan.



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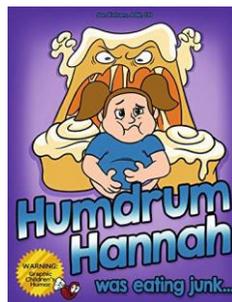
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Check out Jan's Most Recent Book on Amazon.com!



**Complimentary 10-minute introductory phone consults with Jan are available**

Please contact the front office for details