



melmed center

# Nutri-Tip from Jan

*Volume 29, January 2020*

## Food Avoidance



Anxiety and mood disorders, obsessive-compulsive disorder, autism spectrum disorder, and attention deficit hyperactivity disorder are commonly seen in individuals with avoidant/restrictive food intake (K.S. Brigham, Current Pediatric Report, June 2018).

***Common nutrient deficiencies (found in meat, seafood, dairy, produce, whole grains, legumes, seeds and nuts)***

***Vitamin B12*** – Symptoms: anemia, low energy, weakness, mood changes, confusion, poor memory, cognitive and central nervous system dysfunction

***Zinc*** – Symptoms: poor development, weakened immune system, taste and smell changes, hair loss, deficits in cognitive abilities

***Iron*** – Symptoms: anemia, fatigue, poor concentration, learning difficulties, mood changes, headaches, weakened immune system

***Calcium*** - Symptoms: weakened immune system, tooth and gum problems, bones that break easily, muscle weakness, poor appetite

***Vitamin D*** – Symptoms: loss of bone density, impaired growth, asthma, depression

***Magnesium*** – Symptoms: insomnia, anxiety, irritability, constipation.

***Vitamin C*** – Symptoms: easy bruising, weakened immune system, mood disturbances

***Folate*** – Symptoms: anemia, fatigue, poor concentration, irritability, depression

***Fat and Protein*** – Symptoms: loss of lean body mass and energy, weight loss, low mood, anxiety, deficits in attention and learning, impulsivity, aggression, poor sleep

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

Composition and timing of meals is paramount to physical and mental well-being. Schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and individualized food plan. Contact the front office for a complimentary 10-minute phone or in-person consult with Jan.



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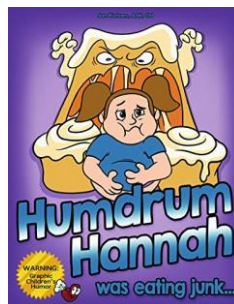
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and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