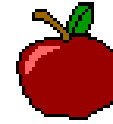




WHAT



should my child eat for OPTIMAL school performance?

ANSWERS FROM PROFESSIONALS AT THE MAYO CLINIC ONLINE



Everyone needs the same types of nutrients — vitamins, minerals, carbohydrates, protein and fat. What's different about nutrition for kids, however, is the amount of specific nutrients needed at different ages.

Your child needs **FUEL** for growth and development, as well as for normal brain function. Rice Krispies and Cookie Crisp hardly fit the bill. Too much sugar causes lethargy and inattentiveness. Too little protein causes a lack of alertness and feelings of fatigue. This will cause lower grades and possible problems in school.

NUTRITION GUIDELINES FOR:

BOYS AGES 4-8:

Calories	1,400 to 2,000, depending on growth and activity level
Protein	10 to 30% of daily calories (35 to 105 grams for 1,400 daily calories)
Carbohydrates	45 to 65% of daily calories (158 to 228 grams for 1,400 daily calories)
Total fat	25 to 35% of daily calories (39 to 54 grams for 1,400 daily calories)

BOYS AGES 14-18:

Calories	2,200 to 3,200, depending on growth and activity level
Protein	10 to 30% of daily calories (55 to 165 grams for 2,200 daily calories)
Carbohydrates	45 to 65% of daily calories (248 to 358 grams for 2,200 daily calories)
Total fat	25 to 35% of daily calories (61 to 86 grams for 2,200 daily calories)

**GUIDELINES FOR GIRLS



Most kids are eating too little protein and too much fat.

It is VERY EASY to count protein grams and fat grams. ALL foods have a label.

Here are two easy "rules of thumb" to memorize:

1 Make sure your child eats MORE THAN 10 grams of protein at each meal and snack. Teens should eat approximately 15-20. Boys and girls in regular sports activities should strive toward higher levels of protein. **DO NOT SKIP PROTEIN AT BREAKFAST.**

2 Children should eat LESS THAN 10 grams of fat at each meal and snack. Teens can go slightly higher; however, if your teen is overweight or is gaining weight, cutting back to the lower recommendations will help avoid juvenile obesity. Most teens do not get enough exercise.

Is your child misbehaving or getting poor grades?

Two reasons may be to blame – SUGAR and FOOD ALLERGIES



Here's your rule of thumb: All kids and teens should eat NO MORE THAN 10 grams of simple sugars per meal/snack. Most nutrition experts recommend limiting added sugars (excluding fruit and milk) to **40 grams per day or 10 teaspoons. Simple sugars occur in sugary cereals, juices, kids' drinks, candy, cookies, chips, snack cakes, donuts, white bread, white potatoes, and white rice, to name a few of the most popular culprits. Lunchbox drinks like Capri Sun (most of these are simply sugar water) often have 20+ grams of sugar. Don't be fooled by the "10% juice" labeling. Water and milk are the best drinks for breakfast and lunchtime.

Food allergies, INCLUDING colorings, preservatives, and additives have been discovered as causes for behavior and learning problems in school. See the **Resources Page on my website for more information about food allergies in kids and teens.

****THESE ADDITIONAL RESOURCES can be found on my website: www.videohealthcoach.com/kidsnutrition.html**

20 Tips for Picky Eaters, 10 Tips for Healthier Snacks for Kids, Childhood and Juvenile Obesity, Teen Weight Loss, How to Read a Food Label, Are You Eating Too Much Sugar?, Food Allergies and ADHD, ADHD Diets, Food Additives and Hyperactivity in Children.



ANITA STONE

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Certified Fitness Instructor since 1997

Corporate Wellness Seminar Speaker

Co-Author of "Wake Up Moments of Inspiration," from the best-selling series, Wake Up Live the Life You Love (published March 2009)

NEED NUTRITION HELP FOR YOUR CHILD OR TEENAGER?

Contact Anita for a Nutrition Counseling appointment: ½ hour - \$16

The North Richland Hills Recreation Center will be hosting a special event for teens in the near future. Anita will be speaking on Juvenile Obesity, Type 2 Diabetes, and how to achieve "XTREME TEEN SUCCESS."

Sign up here to receive a free invitation to attend:

www.videohealthcoach.com/kidsnutrition.html

Anita's book is available for purchase at Barnes and Noble, or online at

www.videohealthcoach.com/bookannouncement.html.

If you would like to coordinate a Wellness Event at your business, school, or organization, contact Anita Stone at www.videohealthcoach.com.

Anita teaches "Weight Loss Top 10: The TOP 10 Strategies You Must Know for Successful and Permanent Weight Loss" at the North Richland Hills Recreation Center every month. An additional course will be added to the Education Schedule in September: a 3-class course entitled "15 Weeks to Fitness." Dates and online registration:

www.videohealthcoach.com/pre-register.html

Anita will be coordinating Conditioning, Exercise, and Weight Loss Classes at the Keller and Birdville ISD schools this year. These classes are planned for the teachers and staff, and will be held after school twice a week. A minimum enrollment of 10 will be required at each school. If you are interested in enrollment, contact Anita by email: anita@videofitnesscoach.com.

*Please take a
flyer for a friend!*

RESOURCES:

MAYO CLINIC – NUTRITION FOR KIDS AGES 2-18:

<http://www.mayoclinic.com/health/nutrition-for-kids/nu00606>

CHILD NUTRITION: 20 TIPS FOR PICKY EATERS:

<http://www.mayoclinic.com/health/childrens-health/HQ01107>

CHILDREN'S SNACKS -- 10 TIPS FOR HEALTHIER SNACKING:

<http://www.mayoclinic.com/health/childrens-health/HQ00419>

CHILDHOOD AND JUVENILE OBESITY:

<http://www.mayoclinic.com/health/childhood-obesity/FL00058>

TEEN WEIGHT LOSS – SAFE STEPS TO A HEALTHY WEIGHT:

<http://www.mayoclinic.com/health/teen-weight-loss/WT00012>

BMI CALCULATOR:

<http://www.mayoclinic.com/health/bmi-calculator/NU00597>

HOW TO READ A FOOD LABEL:

<http://www.mayoclinic.com/health/nutrition-facts/NU00293>

ARE YOU EATING TOO MUCH SUGAR?

<http://www.thedietchannel.com/Are-You-Eating-Too-Much-Sugar.htm>

FOOD ALLERGIES AND ADHD:

<http://www.nutrained.com/children/learning1.htm>

LEARNING ABOUT FOOD ALLERGIES:

<http://www.webmd.com/allergies/food-allergies>

FOOD ADDITIVES MAY AFFECT KIDS' HYPERACTIVITY:

<http://www.webmd.com/add-adhd/news/20040524/food-additives-may-affect-kids-hyperactivity>

ADHD DIETS:

<http://www.webmd.com/add-adhd/guide/adhd-diets>