

Healthy Nutrition For Your Family

HEALTHY & HAPPY CHILDREN



By Dr. Leila Masson, M.D., MPH, FRACP, FACNEM, DTMH

Diet

Your first step to better health, mood, behaviour, and sleep

- **Why** – the research behind healthy nutrition
- **What** to eat and **What not** to eat
- **How** to get your children to eat



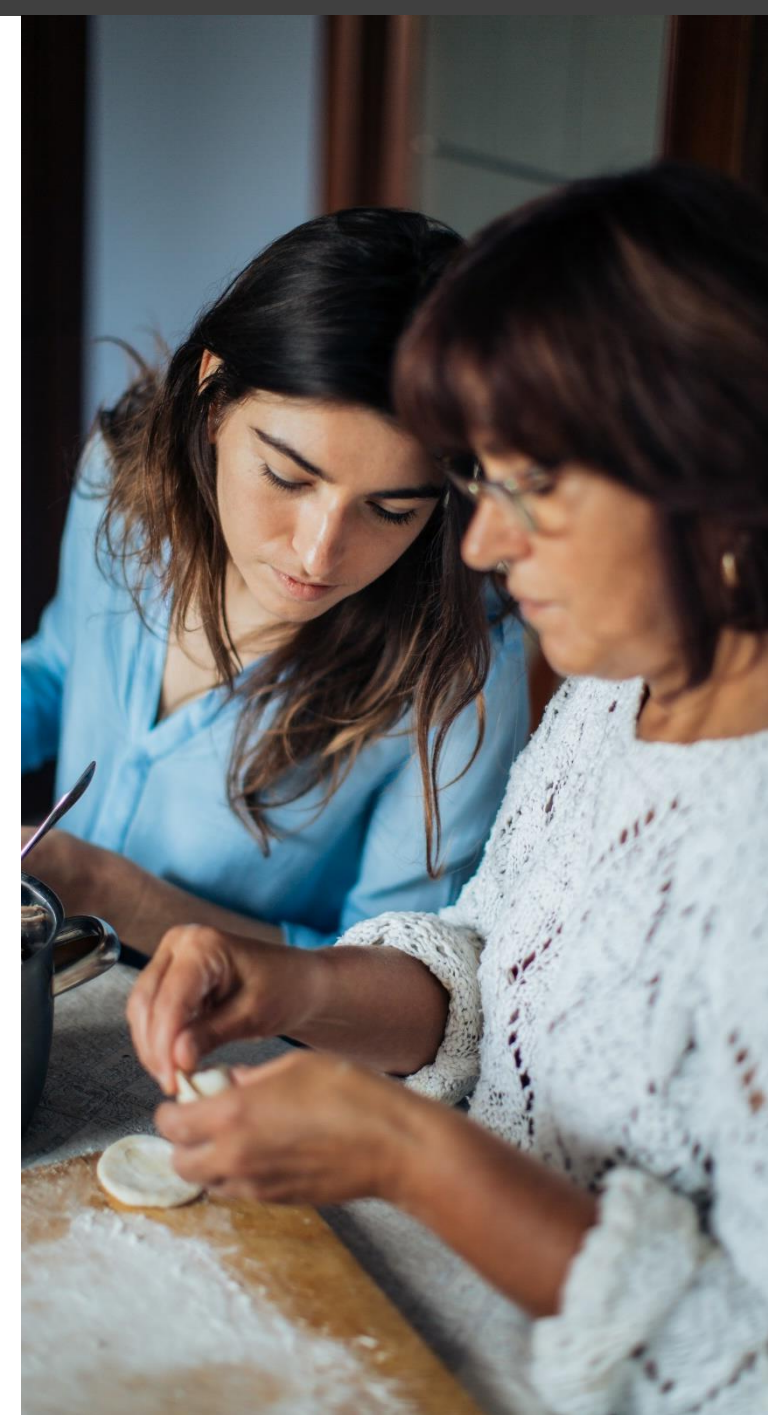
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Why is a healthy diet important?

- Improved health - lifelong
- Better microbiome and digestion
- Less constipation, less tummy aches
- Prevents nutrient deficiencies
- Better mood and behavior
- Better attention



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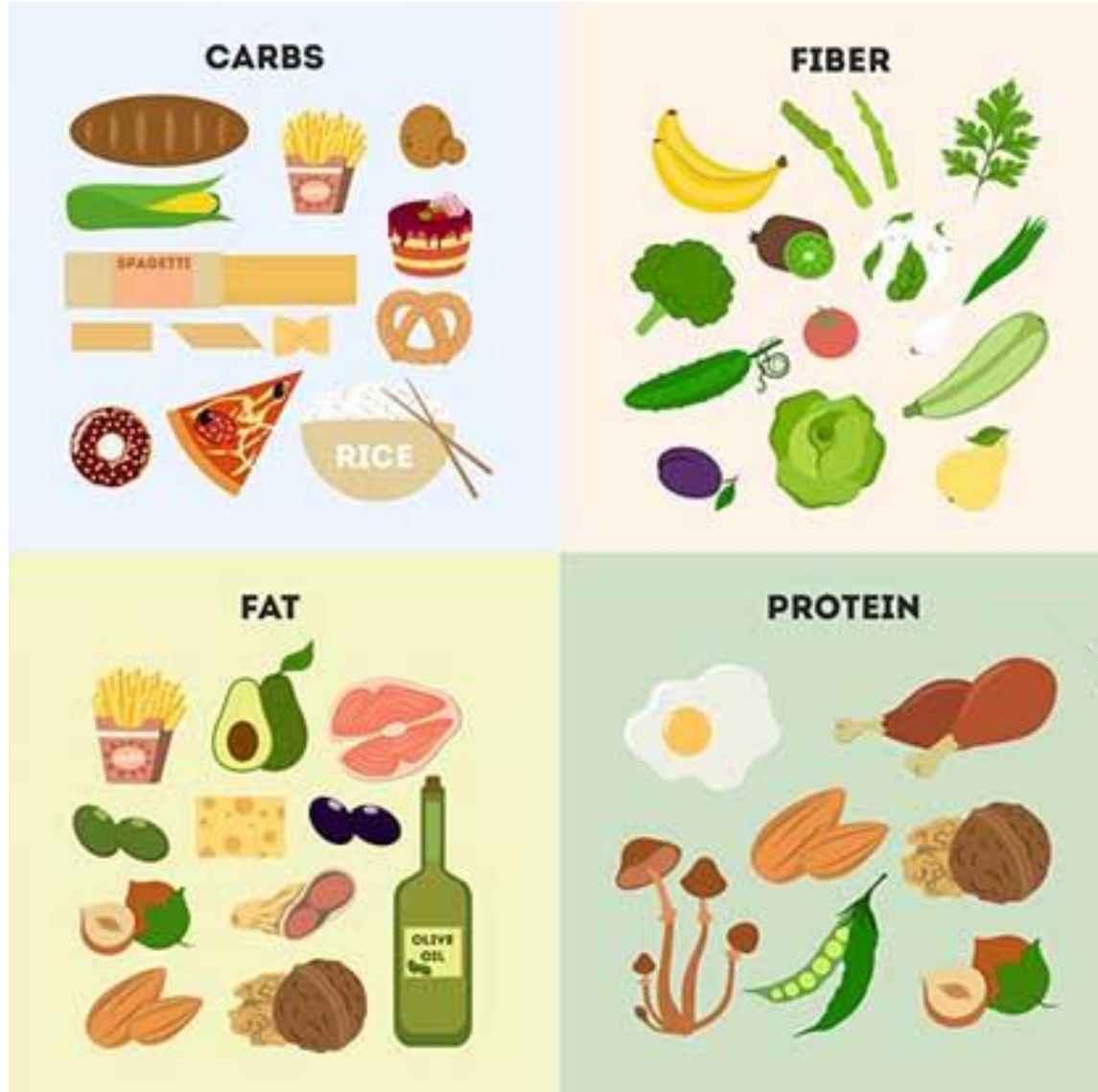
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PART 1: What to eat?

Real food that your
grandparents recognize
as food!

Macro and Micronutrients



Macronutrients:

- For energy and growing
- Protein 4kcal/gm
- Carbohydrates 4kcal/gm
- Fat 8kcal/gm
- Fibre for gut flora
- Vitamins
- Minerals
- Essential fatty acids
- Phytonutrients
- Antioxidants

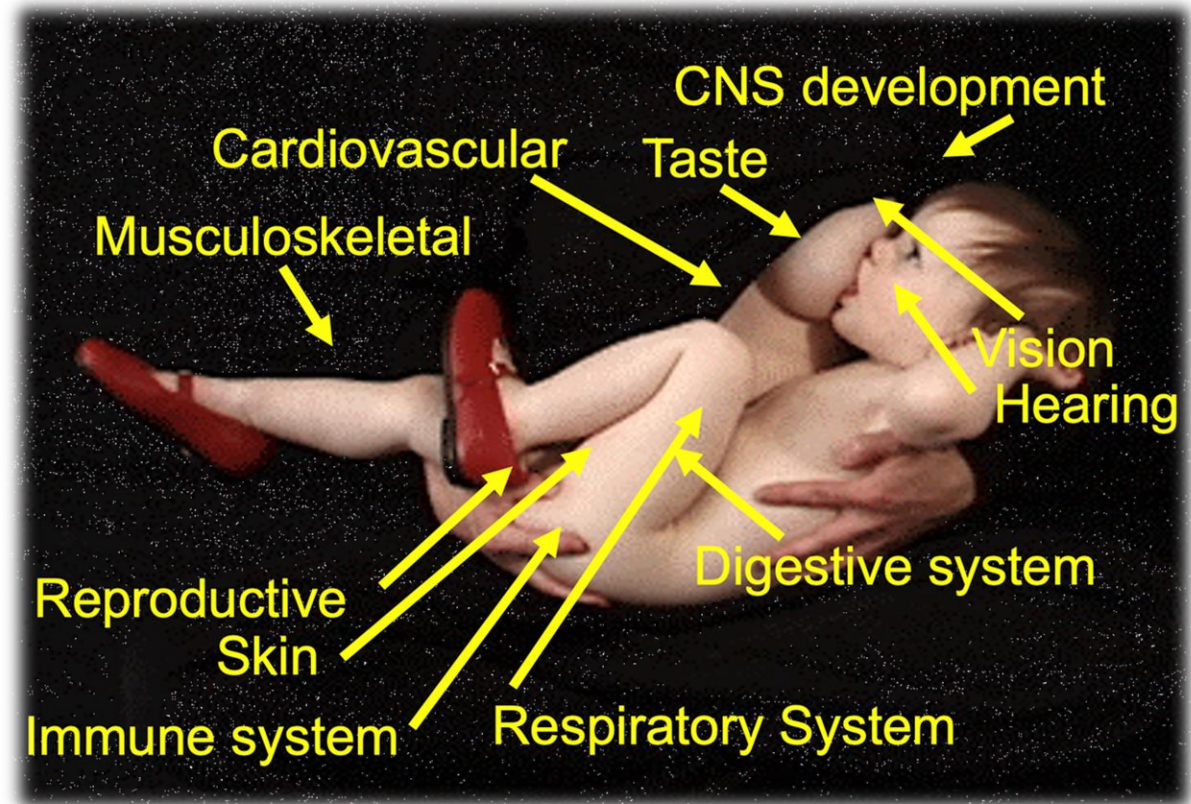


Micronutrients:
For health, immune system & brain

The perfect beginning

Breastfeeding

- We are mammals!
- Breastmilk is designed specifically for each species
- Contains growth factors for each organ and the immune system
- Promotes a healthy gut flora
- Reduces the risk of allergies



Breastfeeding recommendation

by the WHO

- Exclusive for 6 months: nothing else
- Breastfeed along with solid foods for 2 years or beyond



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**World Health
Organization**



Baby led weaning

Around 6 months

- Vegetables, vegetables, vegetables
- Avocado, sweet potato, pumpkin
- [Click here](#) for ASCIA Information on how to introduce solid foods to babies for allergy prevention



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The optimal diet

- 5+ servings of vegetables
- 2 servings of fruit
- 1+ servings of legumes
- Whole grains/starches 4-7 serves
- 1 serving of nuts and seeds
- Drink water





1 serving
=
1 handful



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Optimal diet

- 1gm/kg of protein: beans, lentils, nuts, seeds, tofu, tempeh, Little meat/ fish
- Whole grains and starches: oats, buckwheat, quinoa, millet, brown rice, sweet potato
- Good quality oils: olive oil, nuts, seeds, omega 3
- Fermented foods and fibre for gut flora: Yoghurt, kefir, sauerkraut, kimchi
- Calcium: 2-3 servings of dairy or non-dairy milk products



Fibre for microbiome diversity



- Dietary fibre from vegetables, fruits and whole grains increases diversity – fibre supplements do not
- Fibre is indigestible for humans but feed microbiota
- Humans produce 17 digestive enzymes
- Microbiota produce thousands: digest and ferment dietary fibre into short-chain fatty acids
- Processed diet: 40% less diverse microbiome
- Plant based Mediterranean diet most beneficial for microbiome



What to eat?

Keeping it simple

Whole foods, plant based

The ideal plate:

$\frac{1}{2}$ vegetables

$\frac{1}{4}$ protein

$\frac{1}{4}$ starch

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods



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Best source of vitamins and minerals

Your food!



Calcium



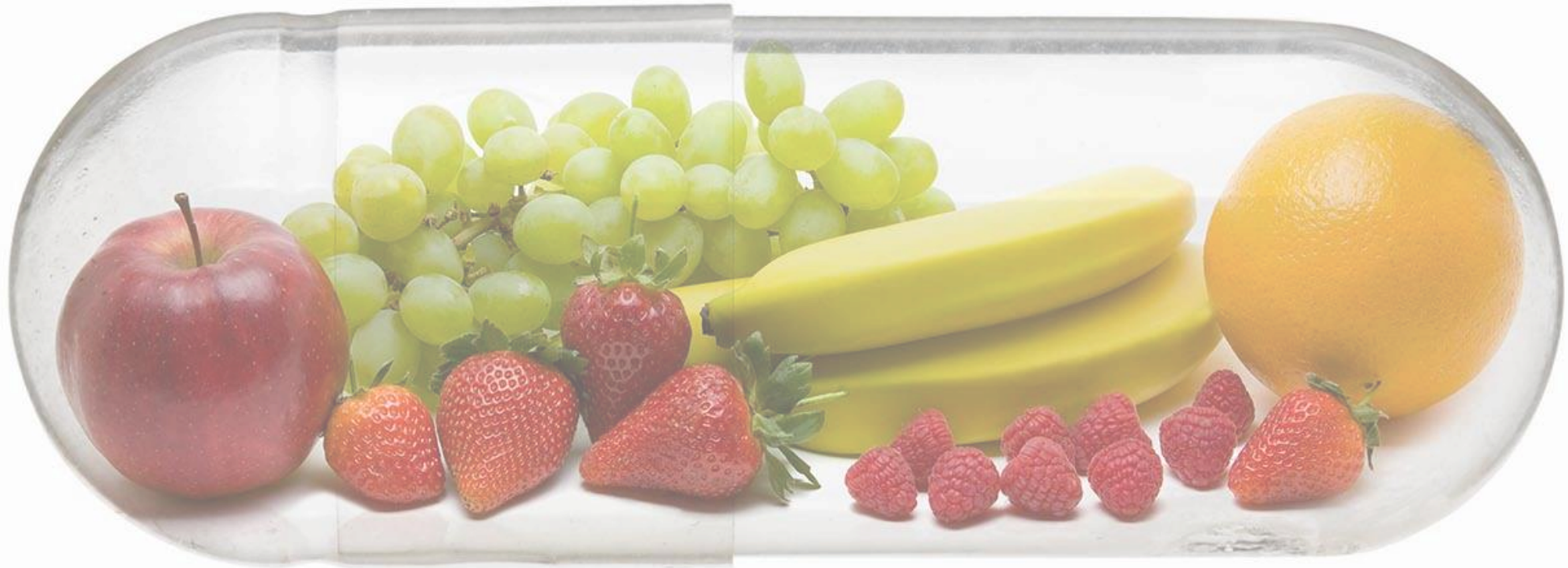
Recommended daily intake of calcium	Male	Female
Birth to 6 months:	210mg	210mg
7–12 months:	270mg	270mg
1–3 years:	500mg	500mg
4–8 years:	700mg	700mg
9–11 years:	1000mg	1000mg
12–13 years:	1300mg	1300mg
14–18 years:	1300mg	1300mg

Dairy foods contain a lot of calcium, but given the high number of people who have problems with dairy, such as lactose intolerance and allergies, there are healthier options for them. Here is a list of easily absorbed calcium sources:

- Beans: 370mg in 1 cup of black eyed peas; 191mg white beans
- Dark leafy greens: 95 mg in 1 cup of kale; 74 mg bok choy
- Seaweed: 126 mg in 1 cup
- Sesame seeds: 88mg in 1 tablespoon
- Almonds: 72mg in ¼ cup (20 nuts)



You cannot out-supplement a bad diet!



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PART 2: What not to eat?





80% of food sold in supermarkets are a mixture of white flour, sugar/HFC, unhealthy fats, additives
-> Shop at the outer edges!

Types of food to avoid

- Ultra processed foods: white foods
- Food additives
- Sugar, high fructose corn syrup
- Allergens
- Cured or deli meats
- Hydrogenated and trans-fats



Did you know?



- 4 daily servings of ultra-processed food increase mortality by 62%
- Twice the risk for ADHD in Western vs Mediterranean diet



Food Additives

- Artificial colours or sodium benzoate preservative (or both) cause hyperactivity in children



Credit source "freefoodphotos.com"

McCann D, Barrett A, Cooper A, et al. Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial.

Lancet. 2007;370(9598):1560–1567



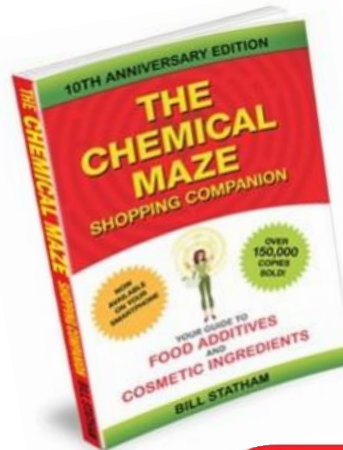
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Avoid food additives

- Colouring: especially yellow 102
- Preservatives: 202 potassium sorbate; 212 potassium benzoate
- 280-283 Propionic acid (in bread)
- Flavour enhancers: 621 MSG
- Artificial flavours
- Artificial sweeteners
- [Click here](#) for full list
- App: [Chemical Maze - Shopping Companion](#)



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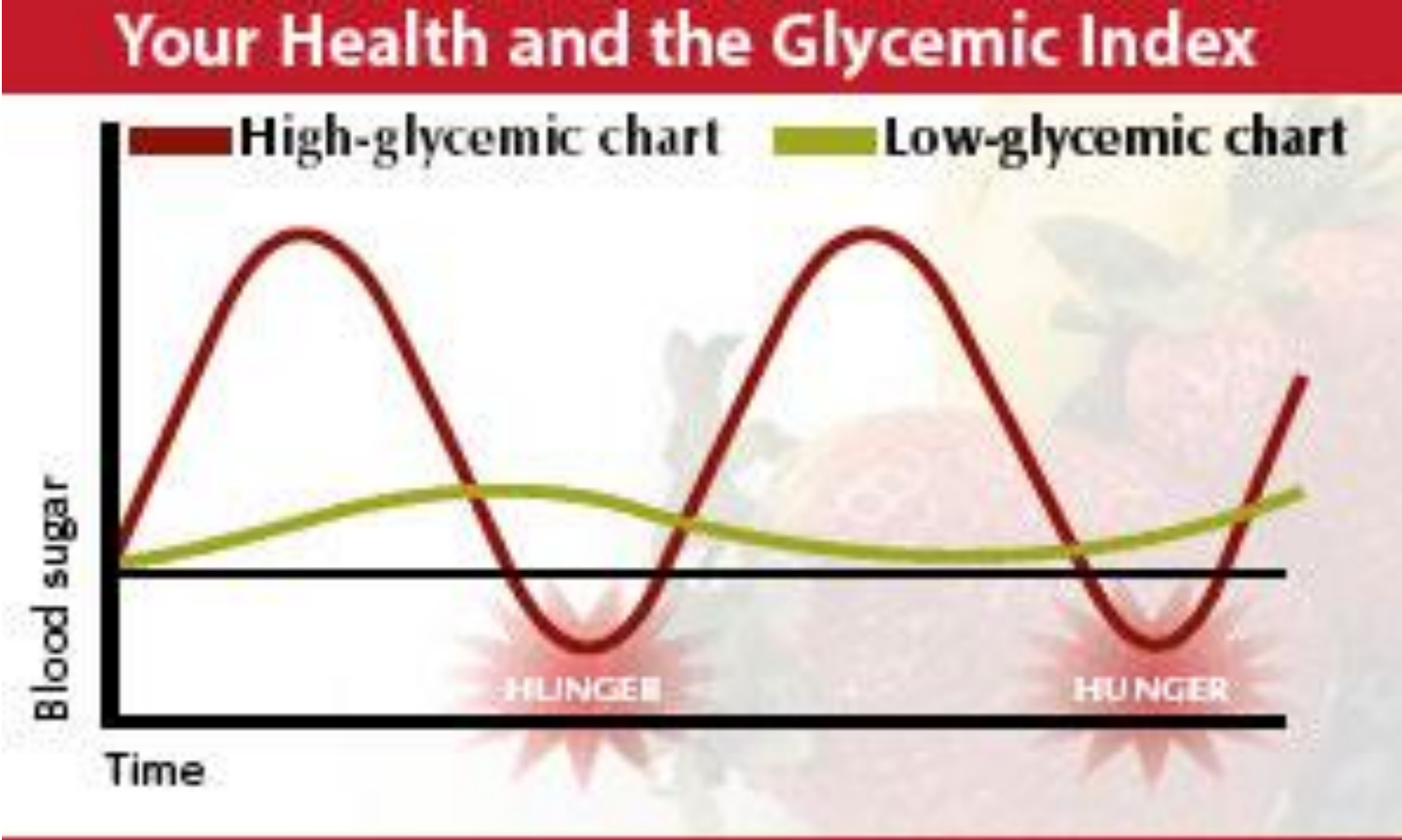
Sugar/Glycemic Load

- 3 groups of children given breakfast: low, medium or high GL:
- Children given low GL had improved memory and sustained attention, fewer signs of frustration, spent more time on task in children (Benton 2007)

Benton et al: the influence of the glycemic index load of breakfast on the behaviour of children in school. *Physiology and Behavior*. 2007; 92 (4):717-24



Glycemic Index



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Inattention
fidgetiness

Irritability
impulsiveness

Sugar consumption associated with

- Obesity
- Type 2 diabetes
- Tooth decay
- Poor immune function
- Gut dysbiosis
- Problems with mood, learning and behaviour



Watch on Netflix



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How much sugar is ok?



- WHO recommendation: <5% of total calories
- ~25gm = 6 teaspoons



Hiding sugar on labels

HIDDEN NAMES OF SUGAR

Agave syrup	Dehydrated cane juice	Lactose	Artificial Sweetener
Agave nectar	Demerara sugar	Maltodextrin	Acesulfame-K
Barbados sugar	Dextrin	Maltose	Advantame
Barley malt	Dextrose	Malt sugar	Aspartame
Beet sugar	Diastatic malt	Malt syrup	Erythritol
Brown rice syrup	Ethyl maltol	Maple syrup	Hydrogenated starch
Brown sugar	Evaporated cane juice	Molasses	Hydrolysate
Buttered syrup	Fructose	Muscovado	Isomalt
Cane juice	Fruit juice concentrate	Palm sugar	Lactitol
Caramel	Galactose	Panocha	Malitol
Carob syrup	Golden sugar	Raw sugar	Mannitol
Castor sugar	Golden syrup	Rice syrup	Neotame
Coconut sugar	Glucose	Sorghum syrup	Saccharin
Coconut palm sugar	Glucose solids	Sucrose	Sorbitol
Confectioner's sugar	Grape sugar	Treacle	Stevia extracts
Corn sweetener	High-fructose corn syrup	Turbinado sugar	Sucralose
Corn syrup	Honey	Yellow sugar	Tagatose
Corn syrup solids	Icing sugar		Trehalose
Date sugar	Invert sugar		Xylitol



How to wean kids off sugar

- Make Saturday lolly-day instead of every day
- Check labels
- Fruit or nuts for dessert
- Reward your children with something that is GOOD for them



Stevia lemonade recipe



- Water or fizzy water
- Freshly squeezed lemon juice
- Sprinkle of stevia
- Stir and enjoy
- Stevia does not affect the gut flora



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Is fish healthy?

Beware of:

- Mercury
- PCBs, PBDEs, dioxins, and chlorinated pesticides
- Farmed fish: artificial colour, pesticides



Is meat healthy?

Avoid processed meats:
nitrates and nitrites

- Affect the blood's ability to deliver oxygen to the body/brain
- Increases the risk of cancer



Less meat is better

- Environmental toxins accumulate in meat
- Antibiotics and hormones in meat
- Risk of diabetes, high blood pressure, heart disease, stroke, and death from any cause increase with meat consumption
- Meat lacks fibre: microbiome
- Vitamins and minerals in animals come from their feed – go directly to the source



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Legumes



- Source of protein
- Fibre for microbiome
- B vitamins, iron, zinc, copper, magnesium, potassium and phosphorus
- Phytate controversy:
 - Health promoting as they bind toxins
- Prep: soak overnight, drain, cook in fresh water



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Organic vs. Conventional

- People who eat organic food are healthier – but this may be due to other lifestyle factors
- Children with higher pesticide levels in their urine are more likely to have a diagnosis of ADHD
- Pregnant women exposed to pesticides are at higher risk of giving birth to children who will develop autism, development or learning problems, or ADHD
- Pesticides are destroying insect and bee populations and we cannot survive without them
- Precaution is better than dealing with neurodevelopmental issues



Clean 15 and Dirty Dozen

ewg.org

Thick peels protect.

Things to always buy organic:

- Berries (get them frozen)
- Apples
- Fuzzy summer fruit: peaches, apricots



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EWG'S 2020 DIRTY 12™



- | | | |
|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |




EWG'S 2020 CLEAN 15™



- | | | |
|---------------|------------------------|--------------------|
| 1. Avocados | 6. Sweet Peas (Frozen) | 11. Broccoli |
| 2. Sweet Corn | 7. Eggplant | 12. Mushrooms |
| 3. Pineapple | 8. Asparagus | 13. Cabbage |
| 4. Onions | 9. Cauliflower | 14. Honeydew Melon |
| 5. Papaya | 10. Cantaloupe | 15. Kiwi |



A photograph of several young children sitting at a long pink table in a classroom or daycare setting. They are eating from small bowls. In the foreground, a girl in a blue shirt and white apron is eating a piece of fruit. To her right, a boy in a grey shirt and white apron is looking towards the camera with his hands raised. Other children are visible in the background, some sitting at the table and others near wooden bunk beds. The room is decorated with colorful paper cutouts on the wall.

PART 3: How to get your children to eat healthy

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- Make food fun
- Grow a veggie garden
- Visit farmers markets



Food is family time

- Developmental stages
- Play with food
- Kids help with prep and cooking
- Eat together as a family
- Role model
- No screens at mealtime



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How to get your picky kids to eat?

Offer new foods again and again

- It can take more than 10 times before a child will like a food
- And if after 10 times they don't like – try again in a little while
- Don't give up!

ZINC needed for:

- Taste buds
- Sensory issues

IRON needed for

- Energy to chew
- Leptin: low iron = high leptin = poor appetite



What to remember

- Food is the basis of good health
- Eat whole foods
- Avoid processed foods and sugar
- Eat as a family

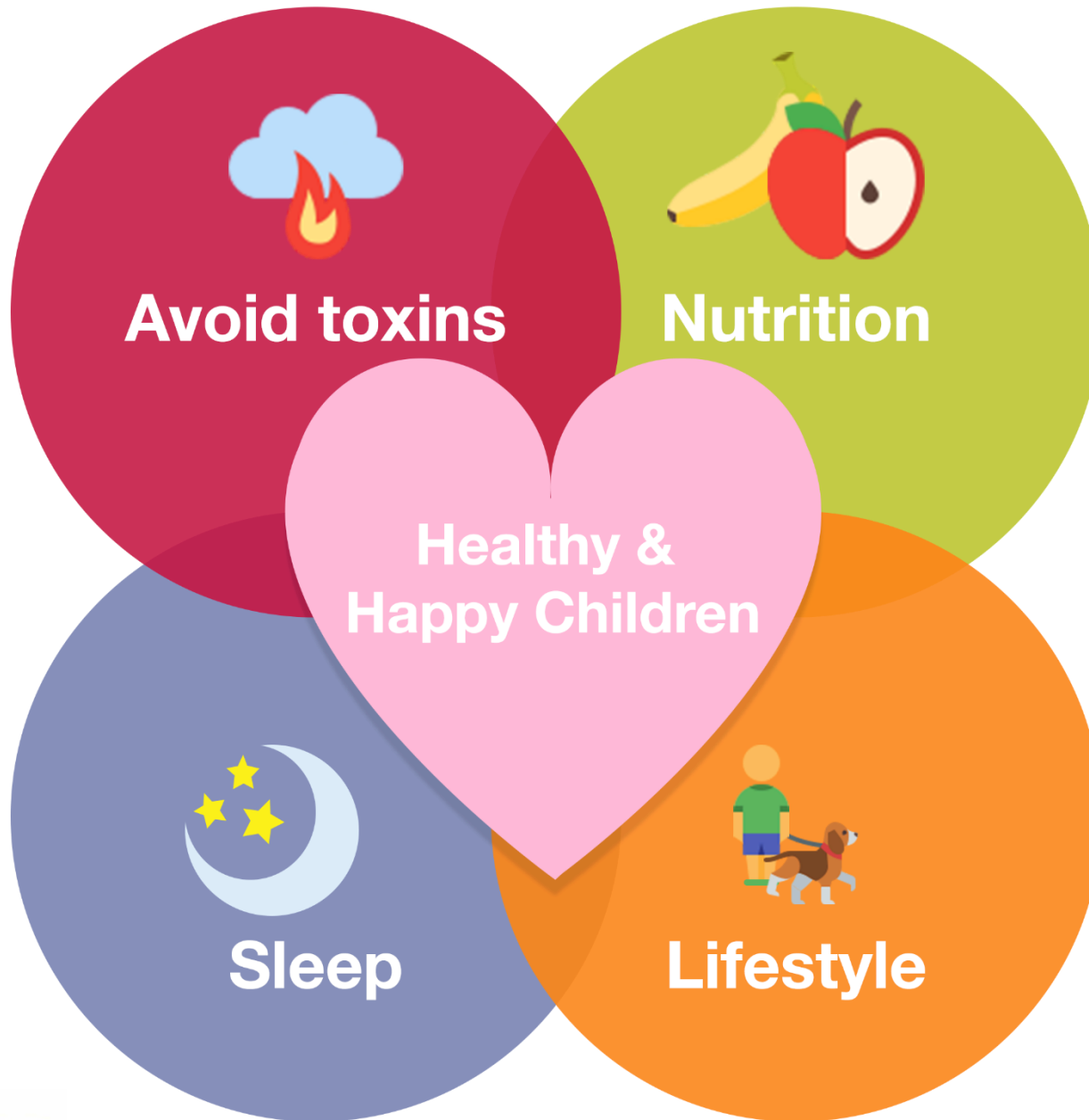


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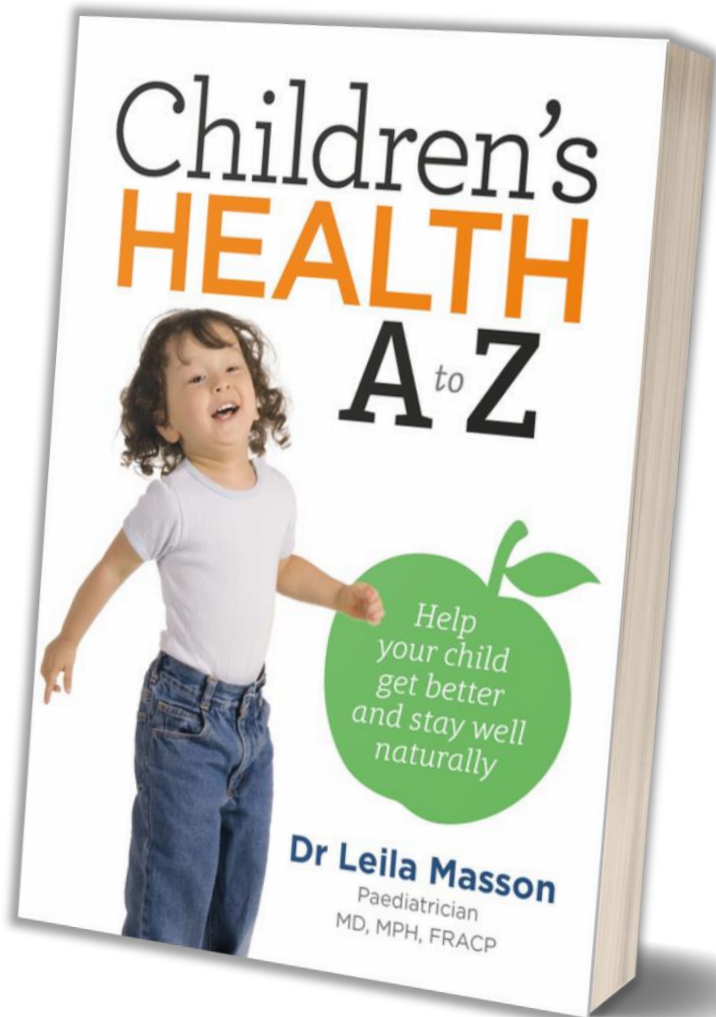
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My book

Children's Health A to Z



“A fantastic resource to have on hand. Great easy to understand advice and recommendations. A must-have!”



“Great book it is our bible in our house. If something is wrong with our children this is our first point of reference. Very easy to use and understand . Great present for a new parent.”



“This book is my go to every time our 3 children fall ill, its full of helpful remedies which really work and it is so easy to use and follow.”



“Incredible book -my go to for any childhood illness. Fantastic, knowledgeable advice. Easy to understand and follow. Highly recommend.”

Available at: Amazon, Fishpond and Bateman publishing



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