



Holistic Nutrition

September 2005

Healthy Food Choices for Kids

How important is breakfast? Does it really make a difference?

A study by Harvard University and Massachusetts General Hospital of children in Philadelphia and Baltimore showed that children who regularly ate breakfast had better standardized test scores, better behavior, and were less hyperactive than children who skipped breakfast. Another study at Oxford University in London showed that children who ate the high GI breakfasts (sugary breakfasts) tended to eat more at lunch. It is the opinion of the researchers that low GI breakfasts (eating foods higher in complex carbohydrates) could be an important factor for controlling obesity in children.

What makes a good breakfast? One good example would be eggs, oatmeal, protein smoothie, whole grain toast with nut butter, and a piece of fruit. The protein and lower-starch foods will keep your child satisfied until lunch time. Stay away from the sugary breakfast cereals, white-flour pancakes and syrup which will leave your child hungry and tired half way through the morning. If your child tends to get hungry at mid-morning snack time, send an apple or whole grain crackers rather than sugary cookies or white-flour crackers.

School Lunches

Many schools offer fast food, greasy pizzas, french fries, and other poor quality foods. Convincing schools to change their lunches might take a lot of effort, so what else can you do? Teach your kids the importance of eating nutritious foods, and hopefully with enough education, they will choose healthier foods over french fries. Another option is to send lunch with your kids. Hearty soups, salads, fruits, and sandwiches with whole grains can all be packed in insulated containers to stay hot or cold. Getting healthy nutrition at lunch time will help keep your child's mind sharp and ready to learn all afternoon.



After School Snacks

Even with a great breakfast and healthy lunch, a light after-school snack is needed to refuel a kid's body before play, study-time. A handful of nuts and an apple is perfect, or maybe a snack tray of veggies and dips such as hummus. Even a healthy version of a PB & J will satisfy picky kids. Keep chips and candy out of the house, as shown in the Oxford study, sugary and high Glycemic Index foods just make kids hungrier.

Life-long health with good nutrition

Children who eat healthy foods will be more likely to choose healthy foods for a lifetime. Unfortunately, studies show that overweight children tend to become overweight adults. Teach your children about healthy foods. Have them help you plan a meal which includes a healthy serving of protein, a vegetable or two, and a healthy fruit for dessert. For young kids, make a chart to keep track of all the fruits and vegetables they eat. Snack time can be more fun if you try different recipes and snack ideas together with your kids.

Teaching your children to how to have a healthy diet will have a bigger impact if you set the example. Eat right, get some exercise, and make a healthy lifestyle a family affair.

King West Centre

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www.RNCPrita.ca



Cinnamon

Cinnamon has a long history both as a spice and as a medicine. Cinnamon's unique healing abilities come from three basic types of components in the essential oils found in its bark.

Cinnamon may significantly help people with **type 2 diabetes** improve their ability to respond to insulin, thus normalizing their blood sugar levels.

Studies to confirm cinnamon's beneficial actions in humans are currently underway with the most recent reports have shown that less than half a teaspoon per day of cinnamon reduces blood sugar levels in persons with type 2 diabetes.

The study included 60 Pakistani volunteers with type 2 diabetes who were not taking insulin. Subjects were divided into six groups. For 40 days, groups 1, 2 and 3 were given 1, 3, or 6 grams per day of cinnamon while groups 4, 5 and 6 received placebo capsules. Even the lowest amount of cinnamon, 1 gram per day (approximately ¼ to ½ teaspoon), produced an approximately 20% drop in **blood sugar; cholesterol** and **triglycerides** were lowered as well. When daily cinnamon was stopped, blood sugar levels began to increase. (December 30, 2003)

Weight Loss Course

Want to learn how to learn how to eat right and lose weight at the same time ????

This is a nutritionist supervised weight loss course. Many topics will be explored including increasing metabolism, emotional eating, active living, and the need for proper supplementation.

This 10 week course will also touch on foods that increase health and energy, how to read food labels and portion control.

This lifestyle changing course will teach you how to improve your overall health while losing weight and body fat.

Location: Vaughan Secondary School, Thornhill

Dates: Monday, September 19, 2005 for 10 weeks

Cost: \$90

Registration: www.yrdsb.edu.on.ca/coned

Or (905) 884-3434 ext.934

Upcoming Seminars

Lunch Box Make-Overs

Have a question about what to feed your kids? Looking for new recipes that your kids will love?

"Ask the Nutritionist" was created to educate the health conscious consumer so that informed decisions can be made about health and well being.

Date: September 22, 7pm

Location: Richmond Hill Central Library

Cost: Free



Ladies Night

Join us for a night of education and fun. The evening will include guest speakers and a chance to win a free prizes !

Date: Wednesday, September 28, 7pm

Location: King West Centre

Cost: Free

Pre-registration by phone or email is required for all seminars



Cooking With Rita

30 Minute Meals

Wheat Free, Soy Free Meals prepared in 30 minutes

Wednesday, September 7—7pm

Wednesday, September 21—7pm

Cooking with Food Sensitivities

Create delicious and healthy meals while avoiding common food sensitivities

Wednesday, September 14—7pm

** please mention food sensitivities when booking*

Register by phone or email:

(416) 312-7617 or rita@rncprita.ca

\$ 50 per class