



Nutrition

Nutrition directly affects your child's:

- IQ
- LEARNING
- CONCENTRATION
- SLEEP
- BEHAVIOUR

Benefits of a Well Balanced Diet

How your child eats today can have a huge impact on their health throughout adolescence and adulthood. Eating food containing important nutrients helps children grow, and is essential for children's mental and physical development.

By giving your child a healthy balanced diet, you are ensuring that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development.

Examples

Simple rules for making nutritious meals

Some simple rules to follow when devising nutritious meals for your child...

AVOID

- **Foods and drinks containing sugar**
Look for ingredients such as sucrose, glucose, syrup, honey.

- **Refined foods**

White bread, white rice, biscuits, cakes, processed breakfast cereals- these are usually high in sugar

- **Artificial additives and preservatives**
commonly used in sweets, crisps, biscuits, ready meals, soft drinks.
- **Caffeine**
Tea, coffee, cola, and energy drinks.

INCREASE

- **Fresh fruit and vegetables**
Ensure a wide and colourful selection each day.
- **Whole grains**
Such as wholemeal bread, oats, brown rice, wholemeal pasta
- **Lean sources of protein**
Fish, poultry or vegetable sources such as legumes and pulses.
- **Water intake** – aim for drinking 2 liters a day

Resources

www.foodforthebrain.org

Food for the Brain is a fantastic website that helps to raise awareness of the importance of optimum nutrition in mental health.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS