



NOURISHING NUTRITION - FOR KIDS



Clean up the diet

Nourish Step 1: Clean Up The Diet

The basis of shifting any diet is 'cleaning up your diet'. There are so many prepackaged, and fast foods that make it to our children's menu on a daily basis. These foods are full of artificial ingredients that provide little-to-no nutritional value, but are added solely to make the food look, smell, or taste better.

When children are not able to process these chemicals properly, these food additives can cause hyperactivity, sleep challenges, irritability, even aggression in a child.

Cutting out artificial colors, flavors, and preservatives is a great place to start when reviewing diet, and can often provide fairly immediate relief and improvement of symptoms.

Nourishing Tip: Go through your cabinet and remove from the diet anything with artificial colors, artificial flavors and preservatives.



Remove toxins

Nourish Step 2: Remove the Toxins

Toxins surround you in your everyday life. They're everywhere in your home, and children are not only exposed in utero, they come into the world surrounded by toxicants.

Research is now showing that children are far more sensitive than adults to toxic chemicals in the environment.

We have an exercise where we go through our most common day products and do a Ditch & Switch exercise. Ditch shampoo, lotions, body wash, perfumes and laundry detergent ect... and Switch to less toxic alternatives.

The good news is by lowering the toxic load and supporting the pathways, children can make great improvements.

Nourishing Tip: Our Nourish Shop has many Switch options that have been EWG (environmental working group) vetted to make this exercise easier for you.



Build nutrients

Nourish Step 3: Build Nutrition Profile

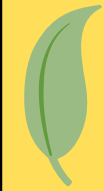
The goal is including foods that are filled with nourishment, so that your child can receive all the micro/macro, vitamins and minerals that their growing body needs.

Start by eating organic foods whenever possible, as it is free of pesticides and GMOs. A good place to start is eating local produce and other foods.

Choose grass-fed, free-range and wild caught fish whenever possible.

Keep in mind eating healthier is a process we continue to refine over time. It is important at this stage to consider food sensitivity testing and avoiding any foods that one is allergic too.

Nourishing Tip: The EWG (Environmental Working Group) is a great resource to find which foods are in the Dirty Dozen or check out our Eat the Rainbow Challenge.



Individualize approach

Nourish Step 4: Individualize Your Approach

This is where we begin individualizing and tailoring the special diet to your child, as there is no one-size-fits-all diet when it comes to reducing your child's symptoms.

Personalized Nutrition focuses on selecting the right diet, and customizing it for your child's specific biochemistry that is guided by functional testing.

Additionally, functional test(s) can reveal healing opportunities in your child that can make the process more fluid by revealing imbalances that may be playing a role in your child's health.

Our favorite functional testing that are kid friendly: Food sensitivity, gut health panel, OAT (organic acid test), HTMA (hair, mineral analysis), Environmental toxins & glyphosate, as well as genetic snp testing.



Address picky eating

Nourishing Step 5: Address Picky Eating

We can address food aversion in some simple steps.

1. Involve them in grocery shopping. Let them pick out fruits and veggies at the store.
2. Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir.
3. Offer choices. "Which would you like for dinner, broccoli or cauliflower?"
4. Enjoy each other while eating family meals together.
5. Be the example. Let them see you enjoy healthy foods. .

Nourishing Tip: Making food(s) appealing and fun can open your child's interest in trying new foods. We have a whole web page dedicated just to samples of playful, fun health foods.



Supplement support

Nourishing Step 6: Add a multivitamin/mineral formula, EFAs, & digestive enzymes

Multivitamins are an efficient way to get vitamins and minerals into your child, but use caution - some sensitive clients can be sensitive to certain forms of nutrients, and need to proceed slowly, adding one at a time.

Essential fatty acids (EFAs) are an excellent starter supplement, particularly Omega-3, which is crucial for both cognitive and immune system function.

Lastly, digestive enzymes help break down food more effectively, thus maximizing nutrient absorption.

Nourishing Tip: Choose supplements with high quality nutrients that contain no artificial colors or flavors, no gluten, and are low in sugar. Add supplements one at a time, choose one at a time to start with, go "low and slow," slowly increasing to the amount.



LIFESTYLE APPROACHES - FOR KIDS

When children are young, parents and other caregivers are responsible for providing an environment that helps them maintain a lifestyle that is beneficial to their health. You can help your child by doing the following:



Maintain a schedule or consistent routine: Children feel more confident and secure when their daily activities are predictable and familiar. A consistent daily schedule and step-by-step routines give children a predictable day, which can lower stress that unpredictability can play in their daily lives.

Respect your child's need for quality sleep: According to John Hopkins, Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.



Try not to over-schedule: Kids need time to be kids. When their schedules are filled every day with activities like organized ballet, soccer, and music lessons, and they only take a break for dinner and bedtime, then they are overscheduled. They need to have free time after school to relax and play. When they don't have that and proceed from one scheduled activity to the next, they are missing out on playtime. Playtime is crucial to child development. If they cannot get enough time to play, then their ability to develop their creativity decreases.

Allow for child-appropriate free time or playtime.



Limit screen time: While unlimited time with electronics may keep your child busy, you don't want them to have too much screen time. There is plenty research showing the harmful effects of too much screen time, not to mention the continuous Wifi exposure. Additionally, we have seen the more children interact with video games - they find their everyday life boring and begin to act out when looking for other activities.



Share family meals together: Eating more meals together can make a big difference in your family's health, happiness and finances. Dinners made at home are less costly than eating out and you can prepare the types of food you know will nourish your child. Involve your child in the cooking duties (age appropriate). This can help instill good eating habits at an early age.



Be active together: Kids need at least 60 minutes of daily physical activity. Play with your kids every day. It's fun for them and fun for you too. Consider checking out your local community center for kid-friendly activities. Plan family activities that get everyone moving such as biking, after-dinner walks, basketball or soccer at the park.

LEARN MORE HOW WE CAN SUPPORT YOUR CHILD AT
NOURISH-FUNCTIONALHEALTH.COM