



Are Our Culinary Habits Killing Our Kids?

Tips for Raising a Heart-Healthy Eater

by Dr. Patrece Frisbee
Owner, SoBe Well

Getting kids to eat right is a monumental task. Understanding a few basic approaches to feeding small children will help you provide them with a balanced nutritional lifestyle.

Many parents falsely assume all fat is bad. This fear is based on information never meant to apply to small children. Meanwhile, recent health surveys reveal that many of our children are making do on diets chronically deficient in vital nutrients. Yet childhood obesity in this country is continuing to climb.

Our children are eating plenty but not eating well. Kids can be overweight yet still be deficient in important nutrients. Children are failing to thrive because of refined carbohydrates and reduced-fat diets. These fat-modified diets are lacking in total calories, protein, and minerals necessary for growth and development.

The appropriate nutritional lifestyle is one that includes a selection of different foods and has sufficient fat for developing nerve and brain tissues. Until they're toddlers, children need about 40 percent of their calories from fat with most of the fat from mono-unsaturated fat, such as nuts, legumes, fish, olive oil, and breast milk. After three years of age, fat calories can be gradually reduced to about one-third

of the total. Also, if your kids are eating a variety of nutrient-dense foods that make up a balanced nutritional lifestyle then there's no need to count calories.

Putting the Squeeze on Juice

Studies over the past decade have shown a host of potential problems with fruit juice consumption and children.

The dangers of excess juice consumption are:

- Juices fill children with empty calories — too full to eat more nutritious foods.
- Juices are full of sugar. If you are going to give your child juice, dilute it with water.
- Certain juices are associated with tummy troubles. Some fruit juice — including apple, pear, and prune — contain sorbitol, a naturally occurring but problematic sugar.
- Unpasteurized juices may contain the salmonella organism. To stay safe, buy only pasteurized juice for children.

Breakfast — the Most Important Meal of the Day

Everyone knows eating breakfast is important. Breakfast fuels the body with energy and nutrients — but can breakfast actually help children learn better? Early evidence says yes; skipping breakfast changes the way our brains work and can diminish school performance.

Breakfast + Kids = Better School Performance

An estimated 12 percent of American students who skip breakfast are missing out on an important key to school success. Breakfast eaters score higher on

tests and have better concentration and muscle coordination. Unfortunately, a recent survey found that as many as 30 percent of 8- to 13-year-olds do not eat breakfast every day.

Quick Breakfast Ideas

A healthy, balanced breakfast can be quick and enjoyable.

1. Ready-to-eat cereal with fruit, soy milk, and protein powder.
2. Fruit smoothie with protein powder.
3. Fresh ground peanut butter or almond butter on wheat bread.

Do you have a wellness related issue you would like to resolve? Send your questions to Dr. Patrece Frisbee at drfrisbee@sobewell.com.

Patrece Frisbee, D.C. is the author of world renowned course "Back to Basics With Balanced Nutrition." She practices in Coral Gables providing Optimal Nutritional Lifestyle Coaching, Chiropractic, Acupuncture, and Spinal Decompression. She can be reached at 305-598-6767.

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