



Your Children Are What They Eat!

Effect of diet on children's behavior

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Why should you care about what your kids eat?

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Scary Statistics

Within the last decade...

- children on ADD/ADHD meds increased more than 50%
- Ritalin scrips for 2 to 4 yr olds TRIPLED
- Antidepressants for children under 5 yrs increased TENFOLD
- Autism affects more than 1 in 88 children

More than *ANY* other organ, a child's brain is affected by what they eat.

Does your child have Nutritional Deficit Disorder?

Questionnaire

Traffic Light Eating

- **Green**
 - go and grow foods
- **Yellow**
 - slow down foods
- **Red**
 - stop and think foods



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What are benefits to eating a nutritious breakfast?

Builds Brighter Brains
Promotes Better Behavior
Helps Control Weight

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Brainy Breakfast Components



- Protein – perks up the brain
- Fiber-filled carbs – provide steady supply of fuel (avoid crashes)
- Healthy fats – build smart brain cells
- Minerals (ie. calcium, iron) – help brain biochemistry work better

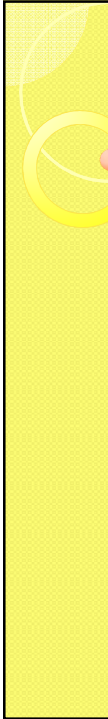
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On-the-go brainy breakfast



- Greek plain yogurt (1 cup)
 - Banana (1 large)
 - Frozen mixed fruits or berries (1 cup)
 - Ground flax seeds (2 T)
 - Fresh spinach or kale (3-4 cups)
 - Organic 100% juice or milk/milk subs (1-2 cups)
- (above for 2 servings)
- **Add-in options** – whey protein powder, avocado, kiwis, strawberries, pear, peanut butter (non-hydrogenated), raisins (add sweetness), cinnamon

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Like many other mood altering substances, junky carbs and junky fats are addicting.

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The skinny on fat...
Are all fats the same?

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The Skinny on Fat



Yellow light fats

- Unsaturated
 - liquid @ room temp, natural

Red light fats

- Most saturated
 - solid @ room temp, natural
- Trans-fats (hydrogenated)
 - solid @ room temp, man-made
 - lengthen shelf life of foods, BUT shorten life of growing bodies

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Effect of Healthy Fats



*in moderation

- Effect on the **brain and behavior**
 - Helps brain grow and function optimally
 - Faster nerve cell transmissions
 - Help brain pay attention
 - Stabilize and elevate mood
 - Calming, less aggression even during times of stress
- Effect on **overall health**
 - Strengthens immune system
 - Anti-inflammatory
 - Supplies positive energy

“Children don’t need a low fat diet, they need a right fat diet.”

-Dr. Bill Sears, MD
-“America’s Pediatrician”

Benefits of Protein



- Effect on the **brain** and **behavior**
 - Perks up the brain
 - Steadies behavior
 - Natural anti-depressant
- Effect on the **physical body**
 - Helps growth of body, muscle development



Time to PLAY

Prevents constipation

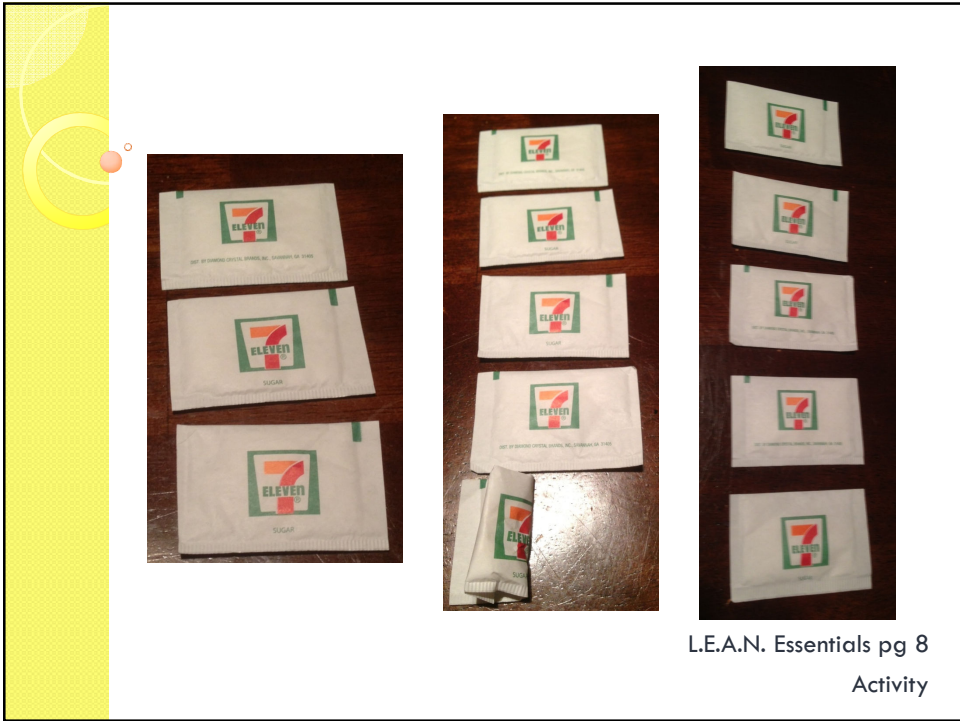
Less illness

Attitude adjuster

Yawn! Promotes a good nights sleep



About 70% of body is H₂O



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Activity

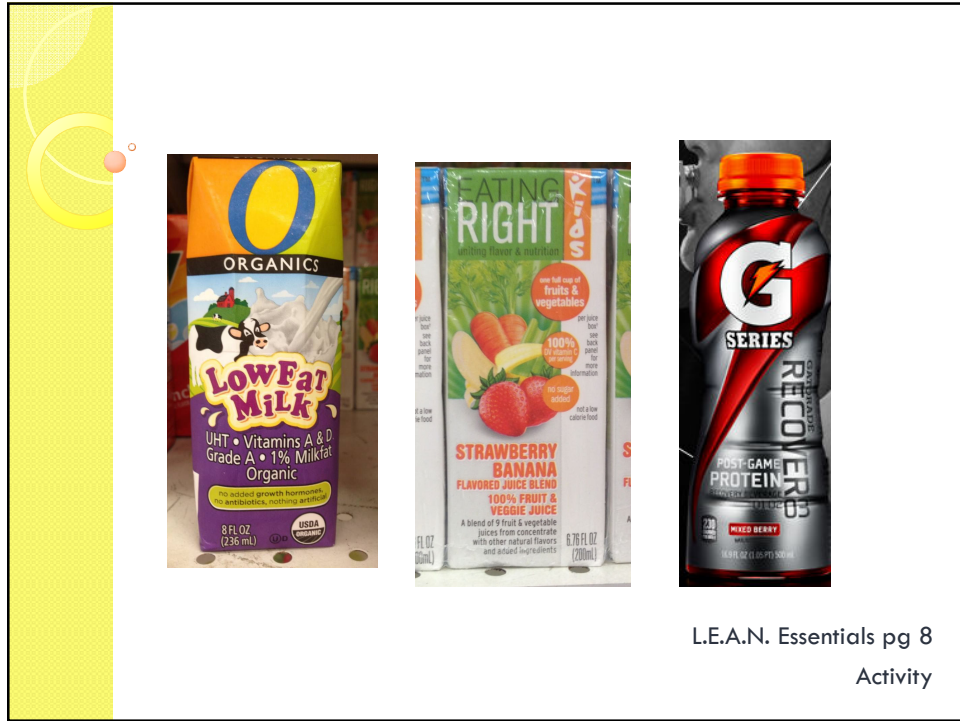
4 gram sugar = 1 tsp sugar = 1 packet sugar

Nutrition Facts	
Serving Size 1 Container	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 0%
Vitamin D 25%	

Nutrition Facts	
Serving Size 1 package (200mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Potassium 340mg	14%
Total Carbohydrate 22g	7%
Sugars 17g	
Protein 0g	
Vitamin A 10% • Vitamin C 100%	
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, calcium and iron.</small>	
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>	

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Sodium 105mg	4%
Potassium 40mg	1%
Total Carbs 20g	7%
Sugars 20g	
Protein 8g	8%
Calcium	4%
<small>* Percent Daily Values are</small>	

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Hydrating with sugary drinks
doesn't quench thirst!

Benefits of Water



- Effect on the **brain and behavior**
 - Clearer thinking when hydrated
- Effect on **overall health**
 - Improved immunity through flushing system
 - Increases energy

Ill effects of sugar



- Effect on the **brain and behavior**
 - Severe mood swings, disruptive behavior, tantrums through sugar crash and addictions
 - Foggy thinking
- Effect on **overall health**
 - Decreases immunity
 - Decreases overall energy

Know the No's



- CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE
- ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, SOYBEAN, OR SUNFLOWER OILS), WHEY, SALT, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, MALTODEXTRIN, DISODIUM PHOSPHATE, SOUR CREAM (CULTURED CREAM, NONFAT MILK), ARTIFICIAL COLORS (INCLUDING YELLOW 6), CITRIC ACID
- WATER, PEAR JUICE (FROM CONCENTRATE), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, MALIC ACID, GUAR GUM, LOCUST BEAN GUM, RED 40, YELLOW 5, BLUE 1, ASCORBIC ACID, CONTAINS 10% JUICE

Know the No's

- High Fructose Corn Syrup
- Hydrogenated Oils
- Artificial Flavors & Colors

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Myth Buster pg 10

High Fructose Corn Syrup



- Effect on the **brain** and **behavior**
 - Similar to sugar
 - Sensitivities can cause irregular behavior
- Effect on **overall health**
 - Raises bad cholesterol
 - Interfere with blood sugar, increase insulin resistance

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Hydrogenated Oils



- Effect on the **brain** and **behavior**
 - Nerve-cell damage
 - Interfere w/ brain cell growth and function
- Effect on **overall health**
 - Obesity
 - Type 2 Diabetes
 - High cholesterol (raise LDL, lower HDL)
 - Cardio-vascular disease
 - Cancer
 - Decreased immunity

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Artificial Flavors & Colors

*MSG (hydrolyzed vegetable protein), food dyes, preservatives (BHT), artificial sweeteners (aspartame)



- Effect on the **brain and behavior**
 - **Excitotoxins** alter chemistry of brain. Child's brain 4X more sensitive
 - Linked to neurological diseases
 - Damage "energy center" in brain cell
 - Headaches mood swings, and lack of focus common

- Effect on **overall health**
 - In studies, rats died of cancer from food coloring
 - Raises bad cholesterol

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Interview your foods!

- Don't be fooled by marketing claims on the front of the package.

- Learn to read food ingredients and nutritional labels on the back of the package.



Discussion & Questions?

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