



HEALTH GUIDELINES — FOR STUDENTS

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TIPS FOR PARENTS



1 Never skip breakfast of your child. Make them eat fiber and protein rich to kick start their day, to boost energy. Breakfast eaters have better test scores, improved memory and focus, and are less likely to be absent or tardy.

3 Involve them in cooking so that they learn and tend to have the food made by them

5 Sit with them and eat so that they develop a routine and schedule and also eat same food served for everyone

7 Involve them in different physical activity of their choice, whichever sports they are interested in. This way they will be more active. It will reduce the risk of childhood obesity

2 Teach them how to read basic food labels so that they will learn themselves and differentiate healthy and unhealthy foods. This will reduce the frequency of processed food consumption.

4 Make them explore different cuisine foods, include variety so that they develop taste and learn about food.

6 Focus more on family time post evening, so that there is bonding and also use of gadgets will decrease, also promoting sound sleep.

8 Increase the water and fluid intake with innovative different traditional infusions and smoothies. Since they are more active than adults, they are prone to dehydration. To prevent dehydration, fatigue, black outs and lack of attention, it is important to hydrate.



9 A basic concept of nutrition, diet & weight can be taught in their teenage life so that a healthy weight can be maintained. Explaining consequences of poor diet such as lifestyle disease in the adulthood.

11 For girls, it is important to teach them the concept of menstruation and also educate on focusing healthy eating practices for hormonal balance

13 5-10 min meditation can be practiced by whole family everyday in order to inculcate the same habit in children. Taking care of mental health is important at every age. It might help to children who has an aggressive nature

15 Encourage eating healthy foods by keeping the refrigerator stocked with healthy snacks like apple slices, carrot sticks, peanut butter, and string cheese

10 Avoid negative talks on health, body weight, and external appearances. We never know what sort of talk might trigger or disturb, instead we can do age appropriate talks on sensitive topics with them.

12 Teaching them extensive hygiene practices (general, dental, and sexual) will help stay away from infection and stronger the immunity

14 Helping them develop personally, socially and emotionally with professional help especially at teenage period. Teenage group of children go through various behaviour changes, some of which can negatively impact them.

16 Let your children be the "produce pickers" and allow them to choose the produce you buy at the grocery store.

17 Offer a wide variety of foods. Allow the child to pick and choose what he would like to eat from what you have made available. If your child begins to expand his food choices by this simple offering technique, your picky eater is cured

19 Kids love to be active with their food. Try yogurt with fruit slices, nut butters with carrots, sliced apples or homemadetomato chutney with ragi chips

21 Some cooking tasks are perfect for children under supervision like sifting, stirring, counting ingredients, picking fresh herbs from a garden, they can tear lettuce, wash veggies, grate cheese, shake a bag of muffin ingredients, and measure out ingredients. Don't forget cleanup participation.

18 Smoothies are a nice way to get in extra nutrients and calories. Start with a base of nut milks (almond milk/ coconut milk) and add either yogurt for an extra dose of probiotics

20 Be creative, Make fun meals and snacks. Arrange carrot stick and cheese hair, olive slice eyes, cherry tomato ears, bell pepper mustaches, and mushroom noses to look like a face

22 Don't keep biscuits, chips and processed drinks at home. If your children have easy access to these, they might not like to finish their meal, saying they are full and ask for snacks later. As most parents have limited time, so they end up giving them these.





23 Don't let kids eat in front of TV. Children who watch TV and eat daily are more likely to be overweight and eat more possibly because they are distracted from the normal feeling of fullness than children who do not watch TV and eat.

25 Ensure good quality protein sources & vegetables. Add good amount of legumes, paneer, seasonal vegetables into their meal. Keep good variety.

27 Sneak vegetables into other foods. Add grated or shredded veggies to soups, tikki's, parathas, and sauces to make them blend in. Make Palak or beetroot roti or dosa puree them and add it to the batter. Or bake carrot muffins.

29 Peer pressure can have a negative impact on your child's overall nutrition & the child can ask for processed and junk food. Start inculcating healthy food habits from a very young age.

24 Kids need healthy fats—& plenty of them—in their diet. Incorporate healthy fat that helps kids stay full), concentrate better, and improves their mood. Healthy fats include nuts & seeds, fatty fish, olive oil

26 Include foods for children from all five healthy food groups – vegetables, fruit, whole grains, dairy and protein.

28 Assist and encourage children to grow their own food this helps them to connect with their food/plate much better and they understand from where the food has come.

30 Healthy alternatives to soft drinks & cold drinks for children are Coconut water, smoothies, fruit infused water

31 BE A ROLE MODEL: Children often imitate their parents' eating habits. Be mindful of your own eating behaviors and choices, as your child will likely follow suit.

33 OFFER A VARIETY OF FOODS: Introduce a wide range of nutritious foods, including fruits, vegetables, whole grains, lean proteins, and dairy products. Make the presentation of food colorful & appealing to children.

35 LIMIT PROCESSED FOODS AND SUGARY DRINKS: Reduce the availability of sugary snacks, sodas, and high-calorie processed foods at home.

37 INVOLVE CHILDREN IN MEAL PLANNING AND PREPARATION: Let children participate in selecting recipes, grocery shopping, and preparing meals. This involvement can make them more excited about trying new foods.

32 FAMILY MEALS: Aim to have regular family meals together. Eating together creates a positive environment and provides an opportunity for healthy food discussions.

34 AVOID RESTRICTIVE DIETS: Restricting certain foods may lead to negative associations with them or create unhealthy relationships with food. Instead, focus on balance & moderation.

36 ENCOURAGE MINDFUL EATING: Teach children to eat slowly & pay attention to their hunger & fullness cues. Avoid eating in front of screens, as it can lead to mindless overeating.

38 AVOID USING FOOD AS A REWARD OR PUNISHMENT: Using food as a reward or punishment can create unhealthy relationships with eating. Find non-food ways to celebrate achievements or manage behavior.





39 CREATE THEME NIGHTS:

Organize theme nights around healthy foods, such as a "Mexican Fiesta" with bean burritos and guacamole or a "Build-Your-Own Salad" night with a variety of colorful veggies and toppings.

41 ENCOURAGE HYDRATION:

Teach your child about the importance of staying hydrated and offer water as the primary beverage option. Limit sugary drinks and juices.

43 EXPLORE FOOD TEXTURES:

Introduce a variety of textures in their meals, such as crunchy vegetables, smooth yogurt, or chewy whole-grain foods.

45 BE PATIENT WITH FOOD

NEOPHOBIA: It's normal for children to be wary of new foods. Offer them multiple opportunities to try new items without pressure.

40 HOST A COOKBOOK

CHALLENGE: Involve your child in choosing a healthy recipe from a cookbook or online & cook it together. This can be a fun way to discover new dishes.

42 AVOID USING FOOD

AS A BRIBE: Refrain from using food as a bribe to incentivize good behavior. Instead, offer non-food rewards like extra playtime or a fun activity.

44 CREATE FOOD ART:

Use fruits and vegetables to create fun and appealing food art on their plates. This can make mealtime enjoyable and encourage trying new foods.

46 EDUCATE ABOUT FOOD

ORIGINS: Teach your child where different foods come from and how they are grown or produced. This can make eating more exciting and educational.

47 INVOLVE THEIR FRIENDS:

When hosting playdates or gatherings, include healthy snacks and foods to introduce your child's friends to nutritious eating as well.

49 USE POSITIVE LANGUAGE:

When discussing food, use positive language such as "nutritious," "energy-giving," or "tasty" instead of negative terms like "unhealthy" or "fattening."

51 CELEBRATE FOOD

ADVENTURES: When dining outside the home or trying new cuisines, celebrate the adventure of discovering new flavors & cultural foods.

53 BE FLEXIBLE: While it's essential to encourage healthy eating, occasional treats and indulgences are okay. Teaching balance and moderation is crucial.

53 SEEK PROFESSIONAL HELP

IF NEEDED: If you're concerned about your child's eating habits or nutritional intake, consult a pediatrician or a registered dietitian for guidance.

Remember that building positive eating habits is a gradual process. Be patient & supportive, and avoid making food a source of stress or conflict. Positive reinforcement and a nurturing approach will go a long way in helping your child develop a healthy relationship with food.

48 START SMALL AND

BUILD GRADUALLY: If your child is a picky eater, start by introducing small amounts of new foods alongside familiar ones. Gradually increase the portions as they become more comfortable.

50 ENCOURAGE CHEWING

SLOWLY: Encourage your child to chew their food slowly and thoroughly. This aids digestion and allows them to fully experience the flavors.

52 ENCOURAGE PROPER

CHEWING: Encourage your child to put down utensil between bites, which can help them focus on chewing their food thoroughly.

54 CELEBRATE SMALL WINS:

Acknowledge and celebrate when your child tries a new food or makes healthier choices.





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