



OPTIONS CENTER NUTRITION TOPIC



Nutrition and Learning

The kinds of foods students put into their bodies make a difference in how well the brain processes information. Students can learn to make healthy nutritional choices.

Dietary goals can help make students more conscious of healthy nutritional choices and are a good way to keep on track. Nutritional goals can include such things as drinking pure water; using natural sweeteners; substituting carob for chocolate; eating whole grains, protein, and lots of fruits and vegetables; and eliminating artificial colorings and preservatives.

High protein foods help to level the blood sugar and allow children to be more attentive and cooperative. Some high protein foods are meat and hard-boiled eggs. Raw vegetables are easy to fix and ideally are on hand all the time.

Prepared foods are one type of unhealthy choice. They are high in refined sugar, high fructose corn syrup (*no nutrients*--just calories), food coloring, chemical additives, and flavorings. These may cause some students to be hyperactive and inattentive. Candy or other high sugar items can cause the student to have too much energy to concentrate in class.

Another unhealthy choice is gum because gum chewing can alter the jaw muscles and cranial bones. The cranial bones affect concentration; as a result, gum chewing leads to a decreased ability to focus and pay attention.

Getting Started

Here are some helpful ideas when starting to eat healthy, natural foods.

1. Fight the sugar monster--he sneaks into almost all prepared and packaged foods.
2. As parents, don't make a "big deal" about changing from junk to good food, do it naturally and gradually.
3. Begin with the more familiar and popular foods. Graduate to trying new things by offering three choices and each child select two--one familiar and one new.
4. Serve the foods in novel ways. Toothpicks for stabbing are fun!
5. Parents be examples and eat the foods served also.
6. Serve nuts and seeds (unroasted, unsalted).
7. Ideas for fruits are: raisins, plums, apricots, apples, oranges, tangerines, melon slices, grapefruit, pears, bananas, dried fruits, dates, figs, prunes, pineapple, cherries, papaya, strawberries, peaches, raspberries, blueberries, blackberries, grapes, applesauce, and tangelos.
8. Ideas for vegetables are: carrots, turnips, cabbage, celery, cauliflower, cucumber, green pepper, and radishes.

Sack Lunch Ideas

Protein

Turkey (free range, if possible)	Shelton's Pepperoni Turkey Jerky Sticks
Roast Beef	Standard Process Cocoa Cherry Bars
Tuna Fish in fresh water	Standard Process Cocoa Crisp Bars
Egg Salad	Standard Process Peanut Butter Bars
Shelton's Turkey Roll	Natural [not processed] Deli Meats
Shelton's Turkey Dogs	Vegetarian Meats
Tofu Dogs	Applegate Farms Organic Deli Meats
	Hamburger (ground sirloin or top/bottom round roast)

Carbohydrates

Check out health food stores for sugar-free and wheat-free products.

Tofu or Rice Milk	Amaranth Cookies	Dried fruits
Cool Fruit Bars	Island Fruit Leather	Granola Bars
Barbara's Cookies	Cereal Bars	Lentils & Beans
Natural Jams & Jellies	Bear Bites Fruit Snacks	Country Choice Snackable Cookie
Standard Process Berry Bars	Hain's Marshmallow Crisp	
Pavich Family Farms (<i>raisins, dates, prunes</i>)	Super Fruits Desert Cups	

Fresh Fruits & Veggies

Carrots	Pears	Lentils & beans
Celery spears	Fresh fruit	Fresh tomato
Carrot sticks	Tossed salad	Romaine lettuce
Bell pepper sticks	Baked potato	Zucchini

Fruit Juices

Santa Cruz Organic Brand
Devine Foods Fruit Juice

Fats

Hain's Safflower Mayonnaise	Raw Nuts & Seeds
Unsalted Butter	Nosoya soy mayonnaise

After School

Chili	Amy's Kitchen Entrees, Dinners & Snacks
Hain's canned soups	Health Valley Soups
Frozen burritos	Frank's Healthy Helpings frozen entrees
	Leftovers from the previous evening meal

Best Food Picks

Most of these can be purchased at Naturally Yours Grocery Store in Peoria.

Soy Delicious Non-Dairy Ice Cream	For slow 3 & 4 and fast 1 & 2 metabolizers, as shown on hair analysis report
Wax Orchards Fat-Free Fruit Sweetened Fudge	Instead of sugar filled regular chocolate
Shelton's Turkey Sausage	contains no nitrates, nitrites, and is low in Sodium
Wheat & Dairy-Free Currant Amaranth Chews	Amaranth is high in protein and most people are not allergic to it.
Mori-Nu Tofu Pudding Helpers	
Granulated Date Sugar	Instead of brown sugar
Imagine Natural Chocolate & Butterscotch Puddings	Great for school or snacks
Veggie Slice Cheeses	Made from soy or rice

Best Breads

Food for Life, Genesis 1:29	Ezekiel Breads
-----------------------------	----------------

Sensational Sandwiches

Sandwich Fillings:

- ✓ Once Again Natural Peanut Butter
- ✓ Once Again Almond & Cashew Nut
- ✓ Once Again Tahini & Hazelnut Butters
- ✓ Soynut Butter Co. Soy Butter

"Cheese" Slices:

- ✓ Galaxy Soy Cheese
- ✓ Rice Cheese
- ✓ Almond Cheese
- ✓ Oat Cheese



Meat & Meatless Fillings:

- ✓ Turkey (free range if possible)
- ✓ Roast Beef
- ✓ Hamburger (ground sirloin or top/bottom round roast)
- ✓ Tuna Fish in fresh water
- ✓ Shelton’s Turkey Roll
- ✓ Shelton’s Turkey Dogs
- ✓ Tofu Dogs
- ✓ Shelton’s Pepperoni Turkey Jerky Sticks
- ✓ Natural (not processed) Deli Meats
- ✓ Vegetarian Meats
- ✓ Applegate Farms Organic Deli Meats

Spreads:

- ✓ Hain’s Safflower Mayonnaise
- ✓ Unsalted Butter

Guide to Fast (“It’s not food, just fast!”) Food

Good Choices

Scary Choices

lean beef [Steak’n Shake has good burgers]	low grade beef
turkey	chicken & pork
fish (baked or grilled)	deep fried fish
grilled foods	deep fried foods
fresh salads & veggies	prepackaged salads
water	soda
fruit juice without added sweeteners	fruit juice with added sweeteners
olive oil & vinegar salad dressing	thick & creamy salad dressings
baked potatoes	french fries
steamed veggies	vegetable casseroles
mustard	cheese
raw honey & pure maple syrup	pancake syrup
fresh fruit	desserts, pies & cookies
whole wheat, rye, whole grain	white flours
meat & veggie pasta sauce	pasta
mustard, sprouts, veggies	condiments, salad dressings
unsalted sweet cream butter	margarine

Fast Food Facts

- _ McDonald’s shakes (large) contains 120% of your daily allowance of sugar.
- _ Dairy Queen’s Mister Misty Slush contains 280% of your daily allowance of sugar.
- _ 12 oz. of Pepsi contains 103% of your daily allowance of sugar.
- _ 1 cup of Ice cream is 60% of your daily allowance of sugar.
- _ Burger King’s Cini-minis with icing contain 95% of your daily allowance of sugar.
- _ Pancake syrup, ¼ cup, contains 103% of your daily allowance of sugar.

- _ Burger King's fries (king-size) contains 2/3 of your daily allowance of fat.
 - _ Fried onions rings with dipping sauce contains 39 grams of your daily fat allowance.
- Information from the Center of Science in the Public Interest.

"It [sugar consumption] has increased by 28 percent since 1983, fueling soaring obesity rates & other health problems."

-Michael Jacobson
Executive Director of the Center of Science & Public Interest

If students and their parents would like to discuss nutrition and how it affects learning, Helen is available to give nutritional counseling. She can answer your questions on where to purchase healthy foods and baking products. She can offer Options' library's cookbooks with recipes and helpful information on how to use natural foods.

Options has some excellent books in our library on nutrition. Some are:
Turn Kids on to Good Food, Elizabeth Shull
Creative Food Experiences for Children, CSPI

Options Center for Health and Education, Inc.

4316 N. Prospect Road

Peoria Heights, IL 61616

(309) 685-7721 • email: options@mtco.com