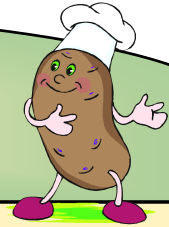


# THE POTATO POST

November 2008



## Boosting children's brain power with food



**R**esearcher Dr. Paul Veugelers has shown that Canadian children who eat better are 30 to 40% more likely to have better test results. Better total nutrients from a variety of foods and more vegetables and fruits were shown to be important for learning. (Journal of School Health, April 2008)

A child's brain needs a **stable supply of energy from carbohydrates** throughout the day.

- 1. Have routine meal and snack times** to prevent drops in blood sugar.
  - a. Eat breakfast every day. Eating together sets a good example.
  - b. Pack a morning snack for your child to eat at school.
- 2. For energy**, serve healthy carbohydrate-containing foods at meals and snacks.

**Good snack choices:** 1% or 2% skim milk, unsweetened fortified soy drink, yogurt (try plain yogurt mixed with fruit), fresh fruit and veggies, canned or frozen unsweetened fruit, whole grain bread or crackers, small whole grain muffins or banana loaf, or whole grain, lower sugar cereal.
- 3. Serve some protein or fat** at each meal or snack. Protein and fat help stabilize blood sugar between eating times and provide the brain with important building blocks:

**Good snack choices:** cheese, egg, unprocessed meat/fish/poultry, peanut butter, nuts, tofu, avocado, bean dip, or salad dressing for dip.



## Teachers Make a Big Difference



- ☺ Children learn best when they have a mid-morning snack. Encourage them to eat at recess or during a quiet time at their desks. Some teachers read out loud to their class during classroom snack times.
- ☺ Children eat lunch better when they play first. Talk to your principal about test-running "Play first" lunch breaks. Check out: <http://www.actionschoolsbc.ca/Images/Top%20Menu/Play%20First%20Lunch%20Toolkit%20-%20LR.pdf>

## Veggie/Fruit Tip of the Month

**Teens:** seven or eight a day **Children:** five or six a day

**V**ariety is the spice of life! Try a new vegetable once a week this month. Some children need to be served a vegetable many times before they'll readily accept it. Be patient while they learn this new eating skill!

