



# Food Program to Support Your Developing Brain

Your brain relies primarily on a supply of glucose and oxygen within a narrow range to operate effectively. These primary needs are supported and augmented by a variety of vitamins, minerals and fatty acids. The food you eat and the nutrient content of your diet in general will have a significant bearing on how “smart” you are, your stamina and your ability to grow and repair yourself.

Your Wellness Programme provides a food programme which is rich in the key nutrients you need to be your best. Your food programme also excludes foods that challenge healthy blood sugar, inhibit digestion and irritate the lining of your digestive tract.

The intention of your food programme is not only to help you become your best, it will also provide you with the knowledge to promote your wellbeing.



## The most important rules to follow are:-



Avoid any artificial food colourings, flavourings and preservatives

Boost your healthy oils with one serve of fish or linseed oil every day, plus fresh nuts & seeds.



Ensure plenty of protein, in form of fish, lean chicken or meat, tofu or eggs.

Avoid sugar, sweet foods

Be aware of any known food allergens and avoid those foods



Avoid drinks with added sugar, including fruit juices (unless freshly squeezed), cordial, cola and all soft drinks especially ‘energy’ drinks.



Ensure plenty of water throughout the day, with at least 1 litre for most children.



Avoid processed and pre-packaged foods. Try to always use wholesome homemade foods.



Other food groups which need to be restricted from the diet are Starches and Salicylates. These foods are common irritants and stimulants to the immune and nervous system and can adversely affect concentration levels and mood.

### Common Foods which naturally contain high levels of Salicylates include:

- Nuts (especially almonds, but cashew, pecans and hazelnuts are ok)
- Apples and pears (especially green or unpeeled)
- Berries
- Dried fruit (especially sultanas, dates, currants)
- Cucumbers
- Herbs and spices (except saffron, vanilla, horseradish, fennel and fresh coriander, chives, parsley and garlic) but as you eat only tiny amounts of spices they're OK, just not heavily spiced food
- Stonefruit (apricots, cherries, peaches and plums)
- Nightshades (capsicum, zucchini, eggplant & chilli)
- Vinegar except malt vinegar
- Some citrus (oranges, mandarins and grapefruit), lemons and limes OK
- Sweet potatoes
- Cooked tomatoes, fresh are tomatoes are generally ok
- Canned and pickled vegetables (gherkins, olives, canned mushrooms/beetroot/ asparagus/etc-horseradish is the exception)

#### NOTE:

The highest amounts of salicylates are found in unripe fruits and vegetables, particularly in their skins and dark green leafy parts. Choosing ripe fruit and vegetables and peeling makes them safer and potentially easier to absorb their nutrients.

#### Starchy foods to avoid:

- Root vegetables (Mainly Potato and sweet potato.) All others including fresh corn OK in moderation
- Refined grains
- Pasta
- Sugar and other sweeteners, including processed honey and fructose, cane juice, rice bran syrup, etc and artificial sweeteners.
- Small amounts of raw honey, pure maple syrup and stevia are OK

Plenty of outdoor activity and exercise are encouraged to use up excess energy and to promote a healthy mind and body.

Prolonged sessions in front of the TV and computer games **should be avoided** unless they are professionally designed to augment concentration.

