



Integra
NATUROPATHICS

Healthy eating early in life is more important than we thought...

We all recognize the importance of feeding our children nutrient dense snacks and meals to fuel their growing bodies and brains; however, not until recently has it become so apparent that what we eat in our youth has a direct implication to our well-being now and years down the road.

Compelling new research has demonstrated a link between insulin resistance, weight gain and signs of early aging in the blood. While obesity has long been known to result in early death, scientists have remained fairly baffled by the process of aging at the cellular level. Studies now demonstrate that people with insulin resistance and weight gain also have prematurely shortened "white blood cell telomeres" - a widely recognized sign of aging. Telomeres are part of each chromosome, which naturally become shorter over time as cells multiply and reproduce. People are literally aging faster due to poor nutritional choices!

What is insulin resistance and how is it related to our food choices?

Insulin is a hormone in the body that is produced in response to sugar consumption. The more sugar that is consumed, the more insulin is needed to shunt the sugar (glucose) to tissues requiring it for energy. However, when the body becomes overloaded with sugar via excess dietary consumption, cells become less sensitive to insulin. The resultant high blood sugar places a physical burden on the body in many ways, leading to inflammation (arthritis, skin conditions), emotional ups and downs (depression and anxiety), oxidative stress (premature aging) and the risk of developing diabetes. Moreover, when sugar supplies are in excess of the body's energy demands, excess sugar is stored as fat. Is it any wonder why our children are becoming obese, diabetes is an emerging epidemic and chronic degenerative diseases are on the rise in people of all ages?



*Children are one third of our population and all of our future.
~Select Panel for the Promotion of Child Health, 1981*

OUR FOOD CHOICES

For years dietary experts thought fat was the root of all obesity. Researchers began to realize that many people who were taking fat out of their diets were replacing it with sugar — for example, cookies that were free of fats but loaded in sugar and calories. Processed foods and refined carbohydrates behave the same way as simple sugars because they are absorbed very quickly in the body. With food choices that include packaged cereals, white bread, white flour, white pasta and cookies, you're getting a very large number of calories with a comparatively small volume of nutrients. Calories do count.

Canned food, condiments and children's cereals are products that typically contain hidden or added sugar. It's important to remember that the sugar in these products can be listed under different names on the label, including sucrose, dextrose and corn syrup.

**Saturday September 23 is KIDS DAY, 11AM-3PM
206, 10 Chaparral Dr SE Calgary, AB
201-9991**

www.familywellnesscentre.com

*Main location:
www.integrnaturopathics.com
284-2055*

Obesity in children - an epidemic

A worldwide problem

From 1985 to 1995 the number of overweight 7–15 year olds almost doubled. The numbers of obese children has more than tripled. Over the same period, there has been a huge increase in children's consumption of energy-dense foods, such as:

- Cakes and biscuits (46 per cent increase)
- Soft drinks (30–50 per cent increase)
- Confectionary (40–56 per cent increase)
- Sugar products and dishes (60–136 per cent increase)

"Obesity has a major impact on how a child feels about themselves..."



Social problems for obese children and adolescents

Obesity also has a major impact on how a child feels about themselves and how they interact with others. Obese adolescents are more likely to have low self-esteem, which may impact on other aspects of their lives, such as the development of friendships and competency at school.

What YOU can do about it!

Food is an important part of our lives. It should be fun, enjoyable and most importantly taste great. Making drastic nutritional changes is unrealistic for both adults and children. However, incorporating healthy and tasty alternatives that are nutrient rich are possible. Start by making healthy choices daily - it will go a long way towards your child's health .

Things to Maximize

- Encourage children to drink water.
- Give children a choice of nutritious snacks, such as fruit with nuts and seeds (high in protein) and sandwiches with sprouts instead of lettuce.
- Ensure children have a nutritious breakfast high in fiber, low sugar with a good protein source..
- Find ways to incorporate physical activities into your family's routines. Be an advocate for re-introducing physical activity back into the curriculum of schools.
- **Be a good role model** – children learn from their parents. Try to eat healthy foods

Things to Minimize

- Limit fruit juices as often as possible and dilute your them by adding 1/4 - 1/2 water..
- Reduce the number of fast food meals – try cooking a dish the night before so that the meal is ready when you come home from work or cook large quantities and freeze meals for use later.
- Avoid using high sugar foods such as candy to reward for good behaviour.
- Be wary of foods marketed as 'low fat' as these are usually high in sugar and still high in calories.
- Eliminate soft drinks

Don't set weight targets

Don't set specific weight targets as this may lead to eating disorders. It's best to focus on healthy eating habits and increased exercise.

Where to get help

If you are concerned about your child's nutritional habits, or your own, don't wait until it's too late.

- Contact your Naturopathic Doctor for nutritional assessments and dietary plans.

Breakfast Ideas

Oatmeal with apples, cinnamon & topped with almonds
Whole wheat pancakes/ waffles with warmed "frozen berries", maple syrup and natural bacon
Natural almond butter and jam sandwich
Natural granola and nut cereal



You are what you eat!!!

Snack Ideas (after school)

Preservative free lean meat pepperoni
Trail mix (dried fruit and nuts)
Sesame sticks
Fruit with nuts and seeds
Naturally sweetened cookies (non white sugar)
Salt and pepper potato chips
Nachos and salsa