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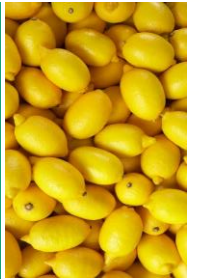
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Issue
ONE

A Quarterly Insight into the Occupational Therapy World

De Newsletter



WE ARE AT >>>

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Article 1 >>>

Concentration links with diet

Do we as parents really consider what we are feeding our children could directly impact on their brain function and future potential? In recent years, study after study has shown how important a well-balanced diet is to brain function and how intelligence, mood, emotional response and physical coordination - among others - are all affected by what we put into mouths of our children. The possibility that a healthy, balanced diet could make a noticeable difference for even some children with behavioural and concentration problems makes it worth a try. The first area to focus on is the overall nutritional content based on the principles of a balanced diet: ensuring small frequent healthy meals, lots of water, fresh fruits and vegetables and a high intake of essential fatty acids. It is also a good idea to strip out the baddies: too many high sugar, refined, processed foods and additives.

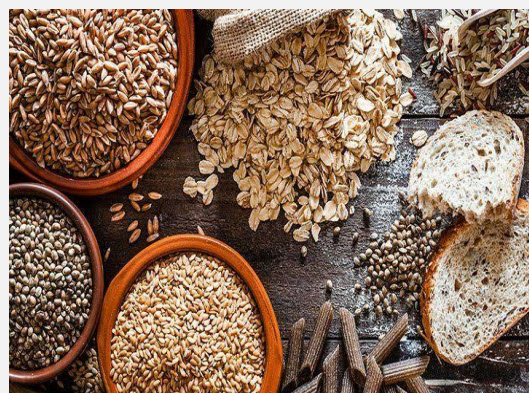


Top Tips for Boosting Brain Function.



Pack in the 'good' fats. One of the most important areas of research into the relationship between foods and behaviour focuses on getting children to eat more of the oily fish that are rich in omega-3 fatty acids. These brain-building fats are found in oily fish such as mackerel, salmon, nuts, seeds, eggs, wheat germ and oils such as flax, hemp and olive oil. If your child does not like oily fish, consider a supplement.

Help keep your little ones' blood sugars balanced throughout the day by including **wholegrains** in their diets such as cereals, pasta, rice etc. Top tip: mix half wholegrain with half white grains until your child is used to the texture and flavour. What kid doesn't crave potato chips? The problem is, potato chips are loaded with fat and have little to offer in the way of **nutrition**. To satisfy your child's craving for crunch-worthy foods, offer whole-wheat crackers, baked chips, popcorns or pretzels instead.





Always ensure your child has some **protein** with every meal or snack. Good choices include good quality chicken, fish, cheese, nuts, seeds, live natural yoghurt and nut butters. One classic idea: Peanut butter — an excellent source of protein — on whole-wheat bread. Or try a PB&J-banana sandwich. Bananas, a great source of potassium and vitamins B and C, have been found to **boost immunity** and even lift moods. Hazelnut butter on oat cakes is a delicious nutritious snack that most children really enjoy.

Choose drinks that nourish rather than damage the brain. Caffeinated and fizzy drinks can cause blood sugar imbalances and nutrient depletion. These drinks often have many of the same sugars and sweeteners that make candy a bad idea for kids. "Excessive sugar and caffeine intake both cause symptoms of hyperactivity and easy distractibility," says Dr. Barnhill. **Water** is a great drink for children but if your little ones prefer other flavours then mix fruit juices half and half with either still or fizzy water.



Try to find alternatives to sweet sugary snacks. Candy is loaded with sugar and artificial colors, a bad combination for children with ADHD. Both of these common ingredients have been shown to promote ADHD symptoms — namely hyperactivity — in studies. "With the high content of sugar and artificial coloring, candy is a huge contributor to ADHD," said Howard Peiper, a naturopath and the author of *The ADD and ADHD Diet!*

Serve up plenty of **antioxidant rich foods** such as fruits, vegetables, seeds and fish as these help protect the brain from damage. Top tip: involve children in preparing and even growing fruits and vegetables and they are more likely to try a wider variety of them. Try making a **fruit shake** from fresh fruit, yogurt, juice and ice. For a boost of protein, add a scoop of peanut butter. You can sneak in extra fiber and omega-3 fatty acids with ground flaxseeds.



Avoid chemicals, food additives, processed food and damaged fats like hydrogenated or partially hydrogenated fats. A great number of synthetic food additives have been linked to asthma, allergies, migraines and hyperactivity in children. Variety is key to healthy diet. Children sometimes need to be offered a food **10-20 times** before they will accept it into their diet - so **don't give up** too early! Set a positive example by following a nutritious daily diet yourself.

LUNCH BOX Fruit Jokes

Make lunch extra special!

Why was the strawberry so upset?

Because it was in a jam!



What do you give a lemon that has been hurt?

Lemon-Aid!



Why did the banana go to the doctor?

Because it wasn't 'peeling' well!



What kind of fruit can fix your sink?

A Plum-ber!



Why did the orange stop half-way across the road?

Because it ran out of juice!



Why did the orange go out with the prune?

Because he couldn't find a date!



What do you call an apple that plays the trumpet?

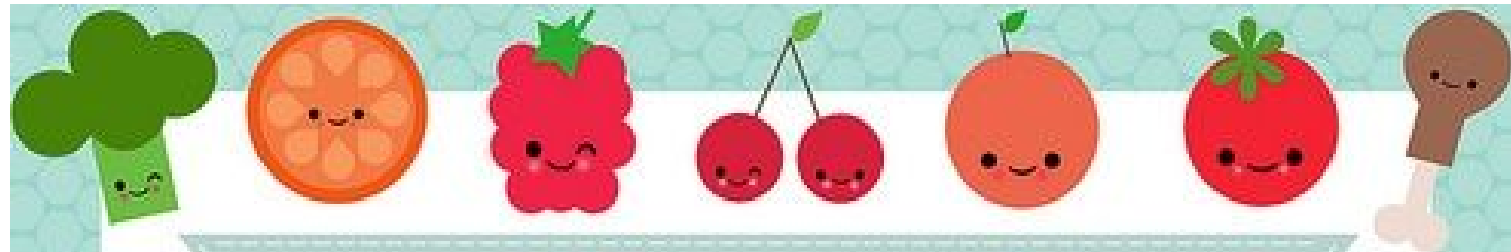
A Tooty Fruity!



What are twins' favorite fruit?

Pears!





Kosblik idees

Stysel/Koolhidrate

- Toebroodjie
- Hotdog
- Wraps/Quesadillas/Pita
- Ryskoekies
- Muffins
- Piesangbrood
- Plaatkoekies
- Droë ontbyt pap
- Granola/ontbyt stafies
- Polkie sout/suiker koekies
- Pretzels/Popcorn/Skyfies
- Pasta slaai/Pizza
- Oarskietkos

Suiwel

- Kaaswiggies/blokkies
- Kaas op toebroodjie
- Roomkaas/m aaskaas toebroodjie
- Joghurt/Drink yoghurt
- Smoothies

Proteïene

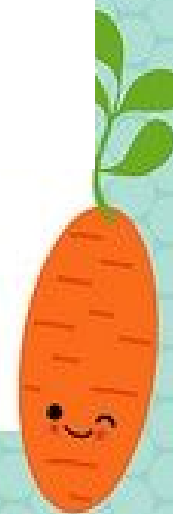
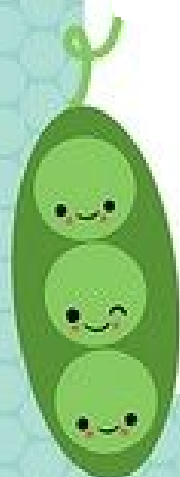
- Hummus met groente stokkies
- Grandboontjie botter smeer/doopsous
- Biltong/droë wors
- Koue vleis/Worsies
- Koue hoender broodjie
- Hardgekookte eiers
- Frikkadelle/Nuggets
- Tuna broodjie/slaai
- Neute

Vrugte/Groente

- Aarbeie/bessies
- Waatlemoen
- Pynappel
- Druive
- Piesangs
- Appels
- Pere/Perskes/Pruim e
- Lemoene/Naartjies
- Klein wortels/tomaties
- Komkommer
- Avokado
- Gedroogte vrugte/vrugterol
- Rosyntjies
- Vrugte/groente sosaties

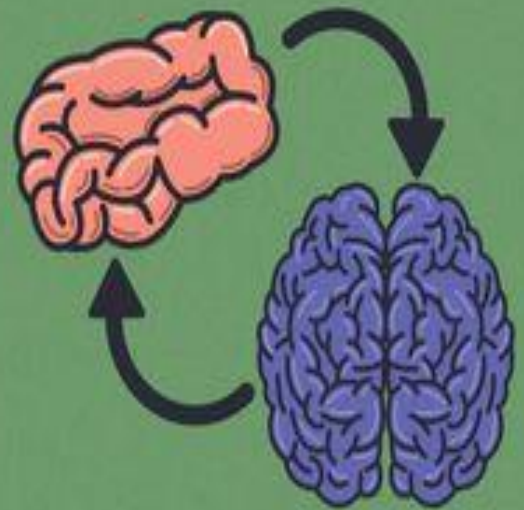
Hoe?

- Kies een uit elke kategorie
- Probeer daaglik afwissel
- Hou dit interessant
- Eet al die kleure van die reënboog
- Wissel tekstuur/vorm/grootte af
- Hou kosblik koel
- Eender water as koeldrank
- Beperk suiker
- Beperk geprosesseerde kos



THE GUT-BRAIN CONNECTION:

HOW GUT HEALTH AFFECTS YOUR MOOD



YOUR GUT BACTERIA IS CRUCIAL TO YOUR OVERALL HEALTH AND CAN AFFECT BOTH YOUR BODY AND BRAIN

If you told someone ten years ago that what's in your gut could influence your brain or even result in depression, you'd be laughed at. The idea that the bacteria that live in your gastrointestinal tract plays an important role in the health of your brain is now a major focus of research and interest.

WHAT'S THE CONNECTION BETWEEN A HEALTHY GUT AND MENTAL HEALTH?

When talking about a healthy gut, people are actually referring to what is called a microbiome. The microbiome consists of thousands of different types of bacteria, both 'good' and 'bad'. A healthy microbiome favors beneficial bacteria and prevents too much 'bad'

bacteria which could harm your health.

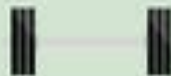
To maintain or create a healthy microbiome and support overall good health, it's crucial to have a lot of beneficial bacteria. Your gut bacteria can be harmed by a number of factors such as:



Drinking Too Much Alcohol



Overuse of Antibiotics



Lack of Regular Exercise



Smoking



Too Much Stress



Not Getting Enough Sleep



Not Eating A Diverse Range of Foods

WHAT CAN YOU DO TO PROMOTE A HEALTHY GUT AND REDUCE DEPRESSION?



EAT PROBIOTICS AND PREBIOTIC FOODS

Probiotic foods contain live bacteria whereas prebiotic food contains ingredients like certain types of fiber that nurture the growth of bacteria. Prebiotic foods do not contain live ingredients, but they contribute to the health of your gut promoting the growth and activity of friendly bacteria.



TAKE A PROBIOTIC SUPPLEMENT

We can get probiotics from our food, but sometimes either we forget to eat foods with probiotics in them, or we just aren't getting enough. That's why taking a probiotic supplement can be so beneficial to maintaining our gut health. A supplement can provide you with the extra assurance that you are actually getting the nutrients you need every single day.



CONSUME PLENTY OF PLANTS AND DIETARY FIBER

The food that you eat provides your body with the nutrients that help either 'good' or 'bad' bacteria thrive. A diet consisting of a wide variety of whole foods such as vegetables, fruit, and whole grains can lead to a more diverse gut flora. Eating a diet rich in plants and dietary fiber fuels your body with natural products, encouraging a healthy and balanced gut.



GET CONSISTENT SLEEP

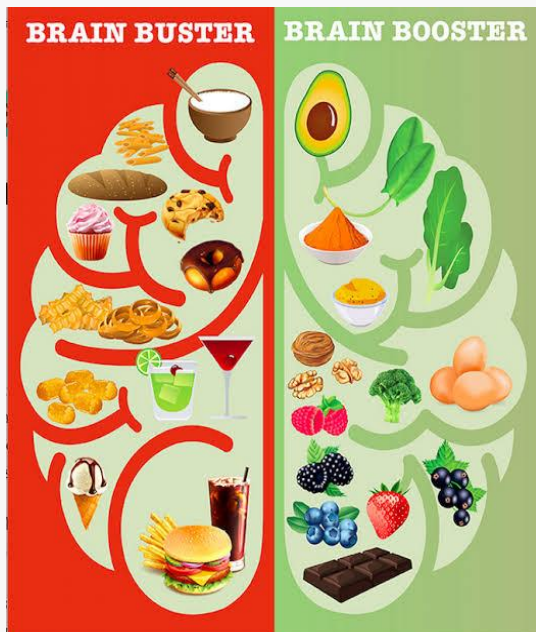
You probably already know that getting consistent, good quality sleep is vital to your overall wellbeing. Disrupting your body clock through shift work or eating late at night may have harmful effects on your gut bacteria. In one study, just two days of sleep deprivation caused subtle changes to the gut bacteria.



Coming Soon >>> In The Next Issue

- >Statistics
- >Anxiety
- >Play
- >Cheat sheets
- >OT Terminology

FOOD
FOR
THOUGHT



>>>OUR INFORMATION FOR YOUR CONVENIENCE <<<



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Excellent therapy and service
delivered with love & passion!

MYTH



We only use 10%
of our brain.

FACT



Most of the brain
cortex works at full
capacity even when
we are asleep.

MYTH



Carrots improve
eyesight.

FACT



Carrots helps
prevent muscle
degeneration,
but they don't
improve your sight.