

THE BETTER BACK TO SCHOOL NUTRITION

Back to school is a mixed blessing. Sure, the kids are back to classes, friends, and after school activities so that means less stress about occupying and feeding them all day, right? Wrong! Back-to-School often means Back-to-Stress as navigating all the new-ness of the school year poses challenges that have even seasoned parents clamoring for the dog days of summer.

One of the biggest Back-to-School stressors? How to make sure your kids are eating well when they aren't with you. And, as I often have to remind my parent patients, making sure that you too are eating well, finding time for your own nutrition as you focus on getting your own better nutrition for better health.

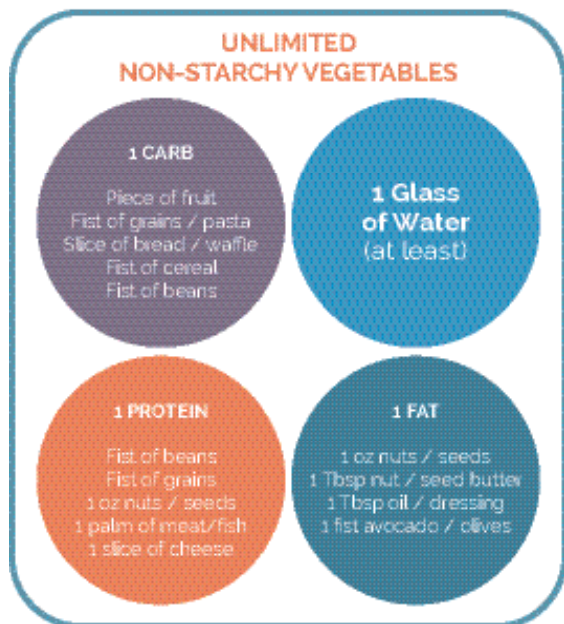
Here's all you need to know and some crowd-pleasing recipes too.



- **QUANTITY** – No body does well overwhelmed. That is especially true of our digestive systems. Their bodies, like yours, run better when they take in a better amount more often.

Better Nutrition Tip:

Better 4 U Kids Plate (U + 1 + 1 + 1 + 1)



- **QUALITY** – (AKA *Chemistry lab is a great class, but not where you should shop for food*) At hectic times (as in 24/7 Back to School) the best thing we can do for our bodies and our selves is to make things easier. Your bodies are no exception – for you and the kids, give your bodies what it recognizes most readily, and knows exactly what to do with it, thus making it easier to work efficiently and effectively. It wouldn't be fair to give your kids straws instead of pencils to do math or to give a chef a paper plate instead of a frying pan for frying an egg. It could work out – but not easily and there's likely some frustration and irritation as you try to get the job done.

Better Nutrition Tip: Choose food in form closest to nature [see the [Better Nutrition Plan](#) for specifics].

- **NUTRIENT BALANCE** — (AKA *the sum of the parts is greater than the whole*) The body needs all the different kinds of nutrients to do its job well. You can think of this like a car needs gas (quality carbs), engine oil (fats), and air in the tires (protein). You also need to keep your car clean - that's where a rainbow of non-starchy vegetables come in, daily.

Better Nutrition Tip: Assess favorite meals and create better menu items by focusing on nutrient balance more often. Need help? Use the [Better Nutrition Plan](#) to help you create better not perfect meals and snacks more often.

- **FREQUENCY** – (AKA *do less more often*) Our bodies are designed like race cars not street cars. We do better – run better (more efficiently, less storage (i.e. fat)) – when we get better nutrition at regular intervals. So make nutrition breaks "Pit stops" about every three hours. I know life doesn't happen in 3 hour increments, so it's just a guide to use when planning all your schedules.

Better Nutrition Tip: pack their day (and yours) full of nutrient-balanced pit stop ideas rather than focusing on the 'perfect' lunch or other mealtime.

SOME ADDITIONAL FOOD FOR THOUGHT:

Hydration is about more than water – we are told to watch out for too much sodium, but few are told to make sure we all get adequate potassium. Potassium works opposite to sodium, as an escort for water into the cells. So while we want to make sure our food choices don't overdo the salt, we also want to make sure they include potassium. Some kid-friendly sources include: avocado, potato, coconut water, tomato sauce, dried mango. Use The Better Nutrition Potassium Menu to get delicious inspiration.

Manage stress – deliciously and effectively with magnesium – nature's muscle relaxant, magnesium goes inside our cells and helps turn down the fight or flight response which is key for everything from focus, to better sleep, to optimal digestion and even better moods. Good sources include whole grains, chocolate (darker = more), cashews, hemp seeds.

Follow the rainbow – for a pot of "health" gold at the end: all the colors in nature serve a purpose – so one way to assess the health of the day or week's nutrition intake is how many colors did you get in. So if you have someone who doesn't like tomatoes, consider strawberries. If carrots are a win, there's no reason to force an orange. And so on. Don't forget that white is a color – love cauliflower – and so is brown, some adventurous eaters will eat their mushrooms especially if made into chips or roasted atop a pizza.

Clean up your (internal) room –

we don't live and play in a bubble so kids get exposed to toxins that the body needs to recognize and eliminate on a daily basis. Our bodies need good bacteria, alkaline forming foods to make a nice home for them, fiber and prebiotic fibers, and may need additional support like the amino acid glutamine (if they've take/taken medications) to tune-up and maintain healthy digestion. Grab our Better Digestive Tune Up, Probiotic, Prebiotic and Antibiotic Guides as well as check out the kids and adult fiber menus.



14

K12
Kids

Do the **Better Rainbow Evaluation** with your kids to see what colors you want to focus on getting in more often.

Grab it here and use code **KIDS30** to **save 30% off** and get bonus tools like menus, the better nutrition plan and journal.

AKA BANANA SUSHI

Simple go-to fuel is banana topped with almond butter (or sunflower seed butter if nut allergy) and hemp hearts

Top a medium banana with
1 Tbsp almond butter
(or any nut butter) and
2 Tbsp Hemp Hearts



BROCCOLI-CAULIFLOWER GLUTEN-FREE PIZZA CRUST

Serving: 1 large pizza, ~10 individual pizzettes

Ingredients

1½ cups broccoli florets (~ half of a head)
1½ cups cauliflower florets (~ half of a head)
¼ cup pecorino-romano
¼ cup mozzarella
1 Tbsp. coconut or almond flour
1 garlic clove minced
½ tsp. dried oregano
1 egg
½ tsp. sea salt
fresh ground black pepper

Directions

- Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
- Add broccoli and cauliflower florets to blender or food processor and pulse until fine & resembles rice. Add broccoli-cauliflower mixture to a steamer basket and lightly steam until soft, ~5minutes. Let cool slightly and put mixture into a nut milk bag or a towel to squeeze out excess liquid.
- In a medium bowl, using a large spoon, combine broccoli-cauliflower mixture with oregano, garlic, pecorino-romano, mozzarella, egg, salt & pepper. Spread mixture onto lined baking sheet for one large pizza crust or divide into individual pizzettes. Bake for 20-30 minutes, until lightly browned.
- Remove from oven and top with your favorite toppings and then cook for an additional 10-15 minutes.



MIND YOUR P'S & Q'S BALLS

Serving Size: 36 bite size balls

Ingredients

1 cup favorite fiber-rich cereal
½ cup peanut butter
⅓ cup maple syrup
1 tsp vanilla bean powder
⅔ cup toasted unsweetened shredded coconut

Directions

- Line a medium size cookie sheet with unbleached parchment paper.
 - Mix all ingredients together in medium size bowl.
 - With clean, dry hands, roll mixture into bite sized balls (~1 inch).
 - Place cookie sheet in refrigerator to chill for about 30 min.
 - Top with your favorite toppings; coconut, melted chocolate, cacao nibs, crushed nuts, etc. (Let your imagination go wild with different toppings!).
- Store in refrigerator.

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