

## Nutritionist Blog

Hi, I'm Kate the school's nutritional therapist and I would like to take this opportunity to introduce myself. I am working with The Mulberry House School to make sure the menu that your children are eating is not only delicious but also nutritionally sound.

I am a BANT and CNHC registered nutritional therapist, bespoke chef, culinary teacher and a mother. I qualified in 2014 after 3 years of studying nutrition at the College of Naturopathic Medicine in London. Before that I was a chef for 17 years.

In my clinic as a nutritional therapist I specialise in women's health as well as gut health however, I also have extensive experience from working with children's health from weaning babies onto food, eating right for their developing bodies, working with fussy eaters and with children who have specific food intolerances and who may require their diets to be tailored in a specific way.

Eating a healthy and varied diet is important at any age; however, with rapid growth and development of children's bodies and brains it is essential that they are getting all the nutrients they need. By giving children a healthy balanced diet when young you are setting them up for being able to make healthy choices for the rest of their lives. The habits that we create as children go on throughout our lives.

The main aspects of your children's diet, which the school and I are working on improving, are:

- Making sure their protein requirements are met, this is needed for growth and repair.
- Making sure there is optimal levels of healthy fats, needed for brain development, cell function and concentration.
- Lowering sugar intake whilst still keeping it as child friendly as possible, therefore still having dessert some days of the week, but making them healthier by focusing on natural sugars e.g. dates or honey.
- Keeping some of the children's favorite meals, but making them more nutrient dense.
- Ensuring that a wide range of vitamins, minerals and other nutrients that the body needs are available in the meals.
- Looking at how foods are cooked so we are preserving as many of the nutrients that we can.

I will be writing a new blog each term about food, nutrition and children's health. There will be topics such as:

- Optimising immunity
- The importance of healthy fats

- Why we need Vitamin D
- How what you eat can affect your mood, both positively and negatively
- Mindful eating for children and its effect on the brain
- Why family meal times are important

As much as the school and I want to ensure your child's good health through food, it is also important that you as the parent work on healthy eating at home. Together we can change the outcome of your child's future health.

I would love to meet you and answer any questions you may have, so the school has organised for me to give an evening talk to all parents on 4<sup>th</sup> February at 5pm. Do come along, the school's kitchen will be preparing some of the delicious new recipes that I have created for the school so you have an opportunity to try the dishes for yourself.