

Nutrition Newsletter



KĀSIGA SCHOOL
DEHRADUN
■ KNOWLEDGE ■ STRENGTH ■ COMPASSION

HOW ADULTS CAN HELP ESTABLISH A HEALTHY LIFESTYLE FOR CHILDREN



- ◆ Not skipping breakfast.
- ◆ Eating fruits, vegetables, lean protein, and whole grains.
- ◆ Cooking dinner at home using fresh, whole foods.
- ◆ Not buying or drinking beverages with added sugars.
- ◆ Building exercise and physical activity into one's own daily routines
- ◆ Cooking dinner at home using fresh, whole foods and encouraging one's children to join them.
- ◆ Encouraging youth to lose weight appropriately without relying on fad diets

Body Shaming : Teasing is Toxic!

Calling someone fat doesn't just hurt their feelings, it also hurts their chances of reaching a healthier weight. Being overweight or obese subjects a teen to teasing and stigmatisation by peers as well as adults. This prejudiced behaviour can be exhibited at home, at school, on the streets and even on the television.

Teasing by family members, including parents, is surprisingly common, perhaps because family members mistakenly believe they are being helpful when they draw attention to someone's size or harass them about what they are eating. When they label their overweight adolescents as "greedy," "lazy," or "fatso's," parents and siblings become an integral part of the problem.

Weight-based taunting is actually harmful. In various studies it has been observed that among adolescents, teasing has a greater negative impact on their self-image than their actual body size. Overweight children often become bullies as they are emotionally conflicted, exhibiting aggression on the one hand while fighting feelings of inadequacy on the other.

Teasing should be taken seriously and never tolerated at home, in school, or in the community.

What can be done?

Young people can conquer weight problems and get adequate nutrition with a combination of a healthy diet, regular exercise, counselling and support from adults and peers.

While proper diet and exercise improve physical health, parents and caregivers can also enhance mental health by emphasising the overweight teen's strengths and positive qualities. After all, the measure of a young person's worth is far more than the numbers on the scale.

Eating healthy foods in right-sized portions and exercising are lifelong habits. During growth spurts, adolescents do need extra calories but unfortunately they are treated as a bottomless pit ; someone who can consume volumes of food and burn it all.

These increased calories should come from healthy foods because teens need more nutrition as well as more calories. Learning to pay attention to cues of fullness from the body, as opposed to eating mindlessly, will help teens avoid a habit of overeating in later years when their metabolism inevitably slows down.

TOP 10 YOGA POSES FOR HEALTHY LIVING

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