

NUTRITIONAL GUIDELINES FOR CHILDREN

Ages 4 to 8: Daily Guidelines for Girls

Calories	1,200-1,800, depending on growth and activity level
Protein	3-5 ounces
Fruits	1-1.5 cups
Vegetables	1.5-2.5 cups
Grains	4-6 ounces
Dairy	2.5-3 cups

Ages 4 to 8: Daily Guidelines for Boys

Calories	1,200-2,000, depending on growth and activity level
Protein	3-5.5 ounces
Fruits	1-2 cups
Vegetables	1.5-2.5 cups
Grains	4-6 ounces
Dairy	2.5-3 cups

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Just for Kids Multi				
Cherry Chews				
NeuroMax				
Other _____				

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

KIDS SOLUTIONS



Nutritional Frontiers

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KIDS HEALTH

It is very important for a child to have healthy eating habits because they carry over into adulthood. Children should not be eating artificial colors and flavors, preservatives, artificial sweeteners and MSG, and not be on medications. Artificial colors are produced from petroleum and contain mercury, arsenic, and other known carcinogens.

Children's foods and beverages are loaded with excessive amounts of fat and empty calories. Excessive calories in a child's diet are related to serious health issues such as obesity, type II diabetes and heart related problems. High Fructose Corn Syrup, Partially Hydrogenated Soybean Oil, and Monosodium Glutamate (MSG) are often found in children's meals ingredient lists. The longer an ingredient is, the less natural and good for you it is. Food labels often make the serving size small so it looks like the food is healthier than it really is. Nutrition facts labels should be high in fiber, vitamins, and minerals and low in sugar, sodium, cholesterol, and fats.

Pesticides found in fruits and vegetables, and the decreased nutrients in non-organic produce, can cause mental health issues and memory problems in children.

ADD risk factors include high-sugar consumption and eating processed foods and additives.

SYMPTOMS OF AN UNHEALTHY CHILD

- | | | |
|---|---|--|
| <input type="checkbox"/> Thin, dry hair | <input type="checkbox"/> Bowel issues | <input type="checkbox"/> Lack of sleep |
| <input type="checkbox"/> Brittle nails | <input type="checkbox"/> Low immunity | <input type="checkbox"/> Lack of energy/weakness |
| <input type="checkbox"/> Dry, flaky skin | <input type="checkbox"/> Tooth decay/gum damage | <input type="checkbox"/> Underweight/overweight |
| <input type="checkbox"/> Bone deficiencies | <input type="checkbox"/> Stress/mood swings | <input type="checkbox"/> Stunted/delayed growth |
| <input type="checkbox"/> Digestive problems | <input type="checkbox"/> Trouble concentrating | <input type="checkbox"/> Hormone disorders |

THE KIDS SOLUTIONS



Just for Kids: *Cherry or Fruit Punch Flavored*
Children take 2 chewables daily with meals



Cherry Chews

Take one chewable wafer with each meal



NeuroMax

4-11 years old: 1/2 Tablespoon, twice daily.

Over 12 years old: 1/2 Tablespoon, 3 to 4 times daily or as directed by your healthcare practitioner. Product can also be mixed with a small amount of water or juice.

ABOUT NUTRITIONAL DEFICIENCIES

A nutritional deficiency occurs when the body doesn't absorb the necessary amount of a nutrient. Deficiencies can lead to health problems such as: digestion, skin, stunted or defective bone growth. Most problems caused by nutritional deficiencies will stop once the deficiency has been resolved.

Types of Nutritional Deficiency:

- | | |
|-------------------------|-----------------------|
| • Iron | • Vitamin B3 (Niacin) |
| • Vitamin A | • Vitamin V9 (Folate) |
| • Vitamin B1 (Thiamine) | • Vitamin D |
| | • Calcium |

KIDS FOOD PROGRAM

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits & vegetables • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains • Oatmeal • Legumes • 6-8 glasses of pure water • Unroasted nuts & seeds 	<ul style="list-style-type: none"> • Clean meats (organic, no hormones/antibiotics) • Wild fish, shellfish • Unprocessed fruit & vegetable juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated & partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup & seeds



Water:

Age Range	Adequate Daily Intake of Beverages
1 - 3 years	~ 4 cups
4 - 8 years	~ 5 cups
9-13 years	~ 8 cups for boys ~ 7 cups for girls
14-18 years	~ 11 cups for boys ~ 8 cups for girls