



MONTHLY MEDICAL NEWSLETTER



..... Nurturing Minds. Building Healthy Futures. ♥

Healthy Eating Habits for Growing Children

Good food today, strong kids tomorrow!

The foods children eat every day fuel their bodies, support growth, improve focus, and build immunity. Let's work together to help our children develop healthy eating habits that last a lifetime.



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HEALTHY
HABITS,
HAPPY KIDS! ♥



Stronger
Immunity



Better Focus
& Learning



Healthy
Growth



Stronger Bones
& Muscles



Better Mood
& Energy

Small choices
today, big
benefits
for life. ♥

★ Together, let's build a healthy foundation for our children. ♥



Balanced Diet

The Building Blocks of Good Health!

A balanced diet gives children the right nutrients to grow, learn and play their best.



FRUITS

Rich in vitamins, minerals and antioxidants. Eat a variety of colors!



VEGETABLES

Provide fiber, vitamins and minerals. Aim for more greens and colorful veggies!



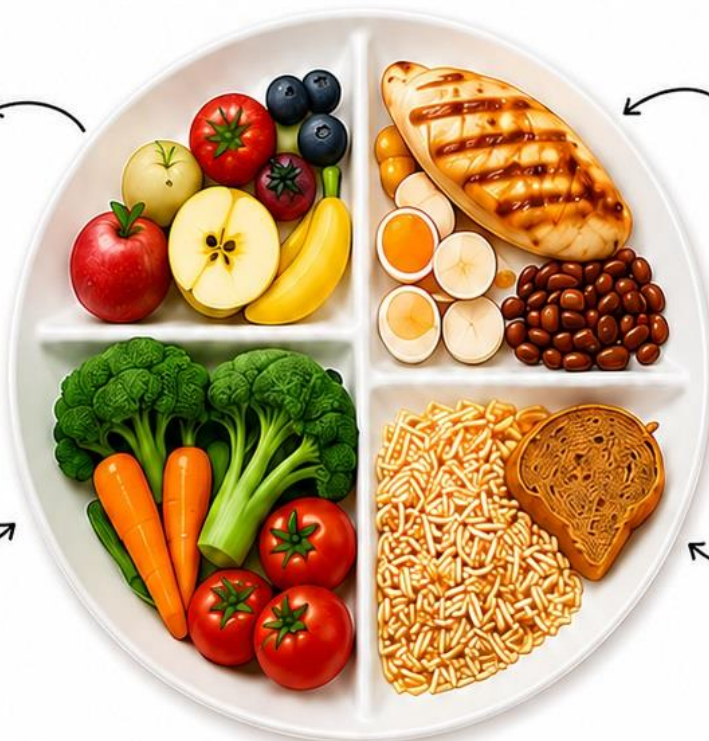
PROTEINS

Help build and repair body tissues. Good sources: eggs, fish, chicken, beans, lentils, peas.



WHOLE GRAINS

Give lasting energy and support healthy digestion. Choose whole grains over refined ones.



DON'T FORGET WATER!

Water keeps kids hydrated, energized and helps their bodies function at their best.



HEALTHY TIP

Make half the plate fruits and vegetables, one quarter protein, and one quarter whole grains.



Limit Junk Food

Less Today, Better Tomorrow!

Junk food may taste good, but eating too much can harm children's health and affect their energy, mood and concentration.



Too Much Junk Food Can Lead To:

- ✗ Weight gain and obesity
- ✗ Weak immunity
- ✗ Low energy and tiredness
- ✗ Poor concentration
- ✗ Cavities and dental problems
- ✗ Risk of future health issues

Better Choices, Better Health!

Choose nourishing foods most of the time and enjoy junk food occasionally in small amounts.



SMART SWAPS

Small changes make a big difference!

Chips		➔	Roasted Makhana or Nuts	
Soda		➔	Water or Fresh Juice	
Candy		➔	Fresh Fruit	
Cookies		➔	Whole Grain Biscuits	

PARENTS' CORNER

- ♥ Be a role model. Kids follow what they see!
- ♥ Plan meals and snacks ahead.
- ♥ Involve kids in choosing and preparing healthy food.
- ♥ Celebrate progress, not perfection!



Let's work together to help our children eat well, feel good and grow strong!



Regards,
School Medical Team