

Red Clover MARKET

Essentials for Healthy Living

5500 Old Cheney Road, Ste. 14 Lincoln, Ne 68516

(402) 421-2460

Monday-Friday 8-8

Sunday 10-6

Closed Saturday

An Optimal Whole Foods Diet for Children

By: Dr. Linda Page

Pespite our affluence, many of the basic nutritional needs are not met for U.S. children. 80% of children do not eat the “five a day” recommended allowances of fruits and vegetables. Half of all children are not getting enough bone building calcium in their diets. Instead, fats and sugars supply an astounding 40% of American children’s daily energy needs. Up to 15% of U.S. kids are overweight and another 15% are at risk of becoming overweight!

Further, because much of our agricultural soils are depleted, and most of our foods are sprayed, micronutrients like vitamins and minerals are no longer sufficiently present in our foods. Today’s common childhood nutrient deficiencies, like calcium, iron, and vitamins A, B-complex and C, have a clear impact — slowing down growth, lowering immune defenses and impairing capacity for learning.

Childhood degenerative disease is another real concern. The American Academy of Pediatrics Committee on Nutrition recently

recommended that children over 2 years old with a family history of heart disease be screened for high cholesterol. They approve cholesterol-lowering statin drugs in children even though these drugs are known to cause side effects like liver and kidney disease, and muscle weakness!

The most health protective diet for children is high in whole grains and vegetables for minerals, healthy proteins for growth, and complex carbohydrates for energy. Choose organic foods for your kids whenever possible. An Environmental Health Perspectives study shows children regularly exposed to pesticides experience problems — including low stamina, underdeveloped hand-eye coordination, and significantly poorer short-term memory.

A Healthy Healing Diet Program For Kids

I know it’s a lot easier said than done to change old dietary patterns to healthier eating - for anybody, but especially for kids. Start by offering something delicious to replace whatever is being taken away. Note: A child’s palate is



Tell Us
What you think...
Send an
email to:
mark@
dolphinpp.com

Published by:

Dolphin

Printing & Publishing, Inc.
801 Ingraham Ave.
Haines City, FL 33844
1-800-713-2802

www.dolphinpp.com

Volume 13, Issue 9
September 2009

The Marvel of
Medicinal Mushrooms 5

Foods That
Fight Stress 9

Radiant Health
is Your Birthright 12

Vegan Blueberry
Corn Muffins 16

IN THIS ISSUE

“Half of all children are not getting enough bone building calcium in their diets.”

Developing Healthy Habits

A NEWSLETTER WITH YOUR HEALTH IN MIND

Published by:

Dolphin
Printing & Publishing, Inc.

801 Ingraham Avenue
Haines City, FL 33844
1-800-713-2802
www.dolphinpp.com



Mark A. Carroll
Executive Editor



Sandra Hannigan
Managing Editor



Mark E. Irons
Linda Mobley
Production



Ed Warzyniec
Graphic Design



Contributing Writers:

Julie Sergel
Grace Ormstein
Linda Page, Ph.D.
Carol Anne Wasserman
Michael Hennessy
Mark Kaylor

largely developed by age two, so offer babies and toddlers a variety of foods (especially fruits and vegetables) early on to help them grow accustomed to new tastes and textures.

Try this kid-tested healthy diet for your child. Include the healthy beverages of your choice with every meal. Offer plenty of pure water to keep the system free flowing and limit sugar intake.

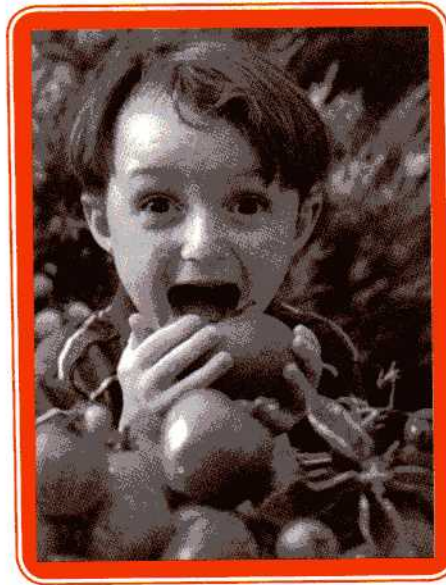
On rising: offer a whey protein drink if the child's energy or school performance level is poor, or if the child seems to be constantly ill, (a child's body must have protein to heal); or 1 teaspoon liquid multi-vitamin in juice; or an herbal tea sweetened with stevia.

Breakfast: have whole grain cereal with apple juice and yogurt; or whole grain toast or muffins, with a little kefir cheese or nut butter; or eggs, scrambled, baked or soft boiled (no fried eggs) and fresh fruit; or have hot oatmeal or puffed kashi cereal with maple syrup and yogurt.

Mid-morning: have whole grain crackers with kefir cheese or dip, and fruit juice; or some fresh or dried fruit, or fruit leathers; or fresh crunchy veggies with peanut butter or a nut spread; or a healthy protein bar, or trail mix stirred into yogurt.

Lunch: have a veggie, turkey, or shrimp salad sandwich on whole grain bread with baked corn chips; or bean soup with whole grain toast and a small salad; or a vegetarian pizza on a chapati or whole grain crust and crunchy veggies with hummus; or whole grain spaghetti or other pasta with a light sauce and parmesan cheese; or a Mexican bean, veggie and rice burrito with fresh salsa.

Mid-afternoon: have sparkling juice and a dried fruit candy bar; or fresh fruit; or a hard boiled egg and some whole grain chips with a veggie dip; or some whole grain toast and peanut butter or other nut butter.



Dinner: have pizza on a chapati or egg crust, with veggies, shrimp,

and low fat cheese topping; or whole grain or egg pasta with vegetables and a light tomato sauce; or a baked Mexican quesadilla with low fat cheese and some steamed veggies or a salad; or roast turkey with cornbread dressing and salad; or a tuna casserole with rice and peas.

Before bed: a glass of apple juice or a little soy milk, rice milk or flavored kefir.

Two More Important Tips for Children's Health

1. Add superfoods like barley grass, wheat grass, chlorella, and spirulina

continued on page 4