

Tina Dunne



The essential guide to children and teen nutrition

Did you know? Fact - 300,000 children in Ireland are overweight Between the ages of 5 years and 12 years - 11% of boys are overweight - 9% are obese. 12% of girls are overweight - 13% are obese.

IN THE last 15 years there has been a big rise in the number of Children that are overweight or have moved into the 'obese' category

Boys' figures are reported to be between 11%-20% - Overweight or Obese

Girls' figures are reported to be between 14% - 23% - Overweight or Obese

These figures relate to Children in IRELAND

It is now known that a child's fat cells are laid down during the first five years of life. Any child who is overweight for his or her height at this age is likely to battle with weight challenges for the rest of his/her life

The National Children's Survey 2005 reported:

One in eight boys are overweight - 1: 8 Boys

One in eleven girls are overweight - 1:11 Girls

Children's Food Consumption Survey 2005 reported

90% of children's calories are consumed at home

Break down in daily diet-

22% comprises of biscuits, snacks and treats

21% comprises of bread and cereals

15% comprises milk, cheese and yoghurt

13% comprises of meat and meat products

8% comprises of potato and potato products

7% fruit juices and soft drinks
14% other including fruit and vegetables
Tina Dunne encourages Children and Teenagers to eat more Fruit and Vegetables

HOW YOU MIGHT ASK?

Encourage your children and Teenager(s) to eat more fruit and Vegetables and introduce the funky and fun 'Taste' concept of:

EAT YOUR COLOURS -

To date statistically only 14% of your child/teenager's lifestyle diet consists of this vital, life sustaining and power enriching food group

Fruit and Vegetables contain powerful phytochemicals that are packed full of anti-oxidants that help the body to eliminate toxic build up in the body

The toxins cause the body to become sluggish and tired. They interfere with good metabolism so that proper absorption of nutrients is blocked and the body cells have a big challenge to perform effectively and weight gain results

Most children eat a half serving of vegetables per day -

FACT
(National Children's survey

2005)

Multi-coloured plant foods don't just look good on your plate - they're good for you as well

Each colour relates to different phytonutrients/phytochemical

Each with specific health benefits

This September focus on eating at least five portions of fruit and

vegetables. Tina Dunne co-ordinates - Taste. The spectacular programme of fun food and adventure specially designed for children and has been modified to focus on all the family. For more details e-mail: info@tinadunne.com or call 086 857 1074. A fantastic autumn programme is just about to be launched. Remember Taste Rocks!

COLOUR	FOODS	AFFECT ON BODY
RED/PURPLE	Aubergine, blackberries, cherries, cranberries, Plums, prunes, purple or red grapes, raspberries, red apples, red cabbage, red pears, red pepper, wine, tomatoes strawberries, guava, pink grapefruit, watermelon	Contain anthocyanins- powerful antioxidants that may cut the risk of heart disease and stroke by inhibiting clot formation Any tomato-based food provides lycopene, a cancer fighting antioxidant
ORANGE	Apricots, cantaloupe, carrots, mango, pumpkin, Sweet potato and winter squash	Contain beta carotene- this boosts eye and skin health
ORANGE/YELLOW	Nectarines, oranges, papaya, peaches, pineapple, Tangerines and yellow grapefruit	Contain beta cryptoxanthin- an antioxidant that protects cells from damage
YELLOW/GREEN	Avocado, courgette, cucumber, green beans, green peas, green or yellow pepper, honeydew melon, kiwi, romaine or leaf lettuce, spinach, spring greens and sweetcorn	Contains lutein and zeaxanthin which may help fight cataracts and muscular degeneration
GREEN	Broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, kale and Swiss chards	Contains natural chemical called isothiocyanates- such as sulphates and indoles which stimulate the production of cancer fighting liver enzymes
WHITE GREEN	Artichokes, asparagus, celery, chives, endive, leeks	Contains Flavonoids which protect cells

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