



21 June 2022

Client Name: Johnathon Valenzi **DOB:** 27/12/2013
Reason for Visit: Nutrition Advice for Managing Lack of Concentration

NUTRITION RECOMMENDATIONS

- **Introduce healthy fats needed for brain health** e.g. nuts, seeds, fatty fish, tahini, olive oil, butter.
- **Reduce sugary foods.** WHO recommendations of <6 tsp per day (24g) exceeded significantly. Aim to limit sugary food/drink to a total of 1-2 per day. Aim for 4-5tsp per day of sugar. Consider the following:
 - Ice cream/thickshakes - replace with natural Greek yoghurt, add 1 teaspoon of raw honey or pure maple syrup to sweeten. Can also add fruit, nuts, seeds.
 - Soft drinks/juice/flavoured drinks - replace with water or plain full fat milk (limit to 1-2 glasses/day)
 - Biscuits/Cakes
 - Chocolates/Lollies
 - Ovaltine - swap for cocoa or cacao
- **Reduce intake of additives/preservatives.** Commonly found in packaged/processed/convenience/ takeaway foods. Many can affect behaviour & concentration. Read ingredients list. Use chemical maze app.
- **No coffee**

LIFESTYLE RECOMMENDATIONS

- **Timing of Meals.**
 - **Breakfast is important** to provide the brain with much needed fuel for concentrating at school. Aim to have something simple and nutritious before going to school e.g. yoghurt/fruit/seeds/nuts, or a smoothie (milk, yoghurt, fruit, rolled oats, nut butter, or porridge, or eggs on wholegrain toast.
 - Bring dinner earlier, if possible.
 - **Sleep Times.** To fit breakfast in and not be rushed in the mornings, will need to go to bed earlier to ensure gets approximately 10-11 hours sleep. Being tired can also affect concentration.
 - **Exercise.** Aim to have at least 60 minutes of moderate to high physical activity every day. This can include sport at school, or running around at recess but may need to find some way of doing more physical activity too. Physical Activity boosts brain function, improving concentration, focus and attention.
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