

## **Wellness Plan – Aurora**

### **Goals:**

- **Improve overall gut health to make Aurora more comfortable**
- **Regulate bowel motions**

### **Dietary Advice:**

Water and fibre are the most important dietary considerations when trying to regulate bowel motions and reduce bloating.

- Ensure Aurora is drinking 1-1.5 litres of water each day
- Increasing vegetables, fruit and wholegrains are the best way to increase fibre which makes it hard when our children are fussy eaters!
- Getting fussy eaters more comfortable with different foods is a long term approach – new foods need to be introduced slowly and repeatedly
- Ideally we are aiming for a palm sized (child's palm) amount protein (chicken, fish, red meat, nuts and seeds) and good fats (avocado, nuts, nut butter) in every meal as well as vegetables – this will help her feel fuller for longer
- As parents, eating variety of foods yourselves also has a positive effect on what your child eats
- Try to hid vegetables in as many meals as you can – grated into pasta dishes, grated into rissoles or meatball, homemade chicken nuggets with grated veggies, homemade pizzas (and get Aurora involved in putting toppings on – blitz up vegetables into the pizza sauce), grating up veggies into the base for Mexican dishes

- If you are into podcasts, Jessica Donovan is a Naturopath who hosts the 'Natural Super Kids Podcast' – there are a heap of episodes on here with tips for fussing eating and getting more nutrition into our kiddies. I have attached her Kids Gut Health ebook as well which is a great resource for providing further information into why our gut health is so important

### Homework:

- Complete poop diary over the next 2 weeks
- Aurora to try one new vegetable and report back at next appointment 😊

### Prescription:

**Metagenics Ultra Flora Kids Care -  $\frac{2}{3}$  metric teaspoon (2 g) daily mixed into cool or warm (not hot) liquids or food - \$27.75 for 50 grams which will last around a month**

This is a mix of probiotic strains, and some prebiotics, tailored at enhancing beneficial gut flora, bowel function, atopic conditions such as asthma and immune health in children.

You can hide this one in a chocolate smoothie (for breakfast or a snack) or mix it into yoghurt or cereal. A good smoothie recipe could be a mix of milk, cacao and a vanilla protein powder such as Raw Amazonia from Coles (photo below). If you put a tablespoon in her 'milkshake' it is actually quite sweet so I think she will really enjoy it. Plus it will help stabilise her energy levels during the day and help her feel fuller for longer. You could also try half topping, half cacao to start with. Cacao is full of so many minerals that are important for our health. Its quite rich so just start with a teaspoon and go from there.



**Metagenics Multi Care for Kids – take 1 metric teaspoon (4 g) daily in 100 mL water –  
take with breakfast - \$36.00 for 170 grams which will last around a month**

This is a multi-vitamin for children in an orange flavoured powder. Due to Aurora's fussy eating she will likely be deficient in a number of vitamins and minerals, and deficiency in certain vitamins and minerals, actually promote fussy eating! So it's a vicious cycle to get on top of. This supplement include zinc which is vital for our gut health and ensuring we are breaking down and absorbing the nutrients from the foods we do eat. It is also very important in our immune health and therefore will play a role in helping to reduce her colds and asthma playing up. It also has magnesium and chromium which may help reduce Aurora's sugar cravings, and its full of a range of B vitamins that are needed for everyday healthy functioning.