

## Lisa Kara | Segment 2

You're watching Moms Matter I'm your host Shear We're back today Focus TV Network with the Lisa Carra of Zinc Nutrition And we're going to talk about why food is so important with our Children and their behavioral issues Thanks so much Lisa for talking about this very important issue with us today Thanks for having me I mean I didn't understand that food really could make a difference um with our children's behavior and how how is that I mean what's the link Yeah absolutely Everything from um hyperactivity to various learning disabilities or just um a basic interaction with with other Children Um If you're struggling with that with your child I would definitely look at exactly what what he or she is consuming Um because that could definitely add add to the problem and it could definitely help it as well if you change that food So what are you seeing in your practice with your with your clients I mean are there issues with kids who really are having like not being able to sit through class or not being able to sit through homework and and what are they eating And how are you kind of changing the regimen Yeah it's a lot of hyperactivity and attention deficit disorders I mean there's a large spectrum and it even you know gets us extreme into the you know into the autism spectrum as well And many times those Children have a diet higher in processed foods and refined sugar and refined grain products Um and they oftentimes start their day with a high um processed or high carbohydrate food source So that's like your cereals your bagels and and you know your pop tarts and stuff like that right So that's usually the first thing I look at is what are these kids having for breakfast So how are they starting their day And the easiest food for moms with several Children is cereal like throw it on there or a bagel like you said and you know you're out the door It's yeah and it's it's it's it's a it's definitely very hard and I um I definitely have to be sensitive to that with moms but there are easy ways to to get that um higher fat more nutrient dense food in your kids before they go and their focus is gonna be better The overall mood is gonna be stable and it really really makes an impact So what do you suggest for breakfast I mean what's an easy breakfast that will really make a difference Yeah for most of the mom for most of the moms I work with I recommend something called chia pudding which is um sounds kind of weird So it looks kind of but if it's delicious and it's easy it's something that you can prepare the night before and just have it soak Um overnight gluten free oats is a really good option with a higher fat milk and nuts and seeds The key is like hiking up the good fats and lowering

that sugar and if you have time some eggs eating bacon I mean stuff like that and avocado all of that is great So the key here is get out the sugar and the processed food and replace it with something that's high in fat to feed your brain and get you your nervous system kind of settled in Yes exactly Get them used to eating those um higher healthy fat foods like like full fat um uh full fat coconut milks and avocados and egg yolks and all of that stuff And that that's what's gonna keep you sharp and so fat is good Fat is great Fat keeps our kids focused makes them smarter Yeah exactly And then um you know there is definitely a conversation that's typically had uh uh surrounding the type of grains that the kids are eating because that's oftentimes very hard to digest and can cause um you know digestive issues and a spike in insulin and that can cause some uh hyperactivity as well So what do you mean by grains Which grains are a No no Um mainly wheat or or um wheat and rye and barley Um and mainly you know we talk a lot about gluten but it's not necessarily just the gluten Um those grains are a high uh highly concentrated source of glyphosate which is a pesticide So that's a whole another conversation So you're pretty much saying the regular pasta that kids love to eat in that mac and cheese is not good for them Not good for their brain not good for their attention Yeah there's definitely better choices So what's our better choice Well there's always something you can achieve you know if they like that mac and cheese you know of course who doesn't like mac and cheese Sure So there's a lot of really fun easy recipes out there to make a um a cashew based cheese like a cashew milk um cheese with nutritional yeast and some lemon and stuff like that And then choose either a um gluten free pasta made with lentils or or a bean based pasta or even color flour can work as well And do you have these recipes on your say How are we gonna know how to make all this Yes I definitely have a lot of them um posted on my social media and um through my website um I'm actually about to release an ebook with tons of recipes and lovely That will be included for sure Ok great So I love that So if I'm hearing you Right We have to increase the fat the processed food and find some alternatives to these grains that are not good for our kids And you really do see a difference in their behavioral Absolutely If you were to compare a child that eats a whole foods a low grain whole foods high fat diet to a child same age same same environment that eats a diet high in processed foods and refined sugars They will act and learn completely differently Wow Yeah that is really helpful Thank you so much Lisa You heard it right here on Mom's Matter on Focus TV Network with Lisa Kara and why our kids can't sit in all jittery secrets

right here on Mom's Matter