



NORDIC
NATURALS

NORDIC NEWS

The Industry Leader in Essential Fatty Acids for Optimum Health & Wellness

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GETTING IT RIGHT FROM THE START

Taking a Candid Look at Your Children's Nutritional Needs!

It is S.A.D. — the Standard American Diet. Our children are overfed in terms of calories (soda, French fries, sticky buns and milk shakes) and are underfed in terms of nutrients (think fresh, organic and unprocessed food). According to the National Center for Chronic Disease and Health Promotion, overweight children and adolescents are more likely to become overweight adults, and children who become overweight by age 8 are more likely to show severe obesity as adults. Obesity influenced by poor diet and inactivity can lead to a world of problems in the adult years. Our children need new and improved habits from us and a whole lot of healthy support! ☀️

Are Your Kids Properly Hydrated?

Not all children and teens gravitate towards drinking water when they have other choices such as fruit juice, soda and the like. Try these tips to keep them properly watered:

- ☀️ Always offer purified water from a reliable spring source; tap water sometimes has a disagreeable taste that kids reject
- ☀️ Add a sprig of mint or a slice of lime
- ☀️ Get a fun water bottle, fill it often and put in the fridge within easy reach
- ☀️ Flavored waters are great if they are not sweetened and they are free of harmful additives

A New Twist on an Old Pyramid

We've all heard that 8 to 10 servings of fruits and vegetables per day is best but how many of us have really "digested" that! Sounds pretty nebulous if you say that to an 8 year old. How about finding ways to make those fruits and veggies come alive.

- 🍷 Take the kids to a "pick your own" farm for apples, strawberries, pumpkins, etc.
- 🍷 Skip the chips; serve LOTS of veggies with a yummy dip that you make together
- 🍷 Sneak green things in lasagna
- 🍷 Make your own fruit butters
- 🍷 Dress up their school lunch boxes with vegetable pizzazz and they'll be the envy of the lunch room; try a whole carrot stick with a face painted on!
- 🍷 Serve veggie burgers with all the trimmings, including fresh tomato and lettuce
- 🍷 Add spinach and other greens to all their salads
- 🍷 On stir fry night, let them choose the ingredients and watch you "wok" it
- 🍷 Let your child pick a vegetable from the store that your family has never tried ☀️



ASK THE DOCTOR

By Dr. Keri Marshall



Dr. Keri Marshall is a licensed naturopathic doctor with a private practice in New Hampshire. She specializes in clinical nutrition for children and is actively involved in implementing a healthy school lunch program in her local school district.

Q: Does my child need nutritional supplementation?

A: In an ideal world, all of our food would be organically grown in nutrient-rich soil and would not contain environmental pollutants. Unfortunately, our current food supply comes up short nutritionally and our immune system eventually becomes weakened. Our definition of "healthy" has certainly become compromised. I always recommend a high quality multi-vitamin and fish oil for children over 2 years of age. Call it an "insurance policy" if you want, but kids need added nutrient-support in today's world.

Q: My child eats a lot of sugar and I am concerned about him getting enough Vitamin B.

A: It is true—eating too much refined sugar can deplete our body's store of B vitamins. Several of the B vitamins work together and depend on each other for their effects. B Vitamins are coenzymes that help trigger millions of chemical reactions within the body, including sugar metabolism. The body uses B vitamins to convert food to energy, therefore greater sugar consumption equals greater need for B Vitamins. Because B Vitamins work synergistically, they should always be taken together.

Although serious vitamin deficiencies are rare, I often see marginal deficiencies in my pediatric patients. I suggest eliminating as many sugary treats as possible and substituting fruit and other natural sources of sweets. Make sure that your child gets his daily dose of B vitamins with a high quality multivitamin. ☀️

PRODUCT SPOTLIGHT

Nordic Berries

multivitamins for children



Nordic folklore says that at twilight, trolls gather cloudberries found along the banks of the fjord waters. Rich in vitamin, minerals and antioxidants, cloudberries have a delicious sweet and sour citrus taste.

Nordic Berries, our new natural multivitamin for children, captures the taste and many of the benefits found in these berries to support our children's growth and development in the early years. Your child will love these easy-to-chew, sweet-and-sour berries!

- Pectin based
- Allergen-free

Nordic Berries and our great-tasting fish oil supplements are a winning combination for your children's well being! Call and ask for free samples.

Taste so great, kids ask for more!



Go for the Good Fats

Actually teach your children the basics about fats, so they can easily understand the differences between healthy fats and not-so-good fats. Follow the traffic light!

STOP eating trans fats and fried foods (example: eliminate hydrogenated oils)

CAUTION when eating saturated fats; eat red meat in moderation

GO for Omega-3 fatty acids, like cold water fish, and be sure to take your cod liver oil everyday!