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## The Other deficit: Our national youth health crisis



In our time-poor society it is hard despite our best efforts to provide adequate nutrition for our kids. Mix working parents, a busy weekly family schedule, fussy eaters, teenage rebels and the lure of spending hours on Facebook and you have a recipe for nutrient deficiencies and weight issues.

I came across an interesting study recently which demonstrates the urgent need to review our children's eating habits. In 2007 the Department of Health and Aging conducted a survey into the dietary intake and

physical activity of young Australians. Over 4500 children aged 2 – 16 years were surveyed with some startling results:

- **Younger children (aged 2 – 3 years old) were highly deficient in Calcium.**

A lack of calcium can contribute to delayed bone and teeth development. It also is a cause of neurological issues, for example anxiety. Whilst dairy foods are high in calcium, it is not as bio-available as other sources. You may wish to add some non-dairy calcium to your child's diet such as spinach, broccoli, parsley or salmon.

- **Of older children (14 – 16 years) an average of 85.5% females and 44% of males were not receiving the recommended daily intake (RDI) of Calcium. 56% of females and 34% of males were not consuming the RDI of Magnesium.**

Magnesium deficiency can result in hyperactivity, anxiety, muscle cramping, period pain and lethargy. Try and include dark green vegetables, dairy products, red meat, fish, avocados, bananas and wholegrain cereals in your child's diet as these are all great sources of magnesium.

- **Across all ages, Vitamin D and E intake were insufficient.**

Vitamin D is mainly obtained through sun exposure, but of course be careful! Choose to expose your skin (not face) between the hours of 9 - 11am or 4 – 6pm, for around 15 minutes per day. A lack in vitamin E can result in muscle cramps and in severe cases, anaemia. Good foods to include in your child's diet are asparagus, avocado, egg, almonds, sunflower seeds and wheatgerm.

- **Only 1.5% of older children consume the recommended 3 serves of fruit a day.**

Juices are the preferred way to consume fruit in Australia however remember that juicing removes fibre and therefore increases the glycemic index making fruit juices similar to a sugar hit. In summer especially there is an abundance of wonderful fruits like cherries, cantaloupe, grapes etc that are easy to add to your child's lunchbox.

For younger kids cut the fruits into fun shapes and pop them on a skewer as a snack time treat!

- **25% of younger children (2 – 3 years) consumed the RDI of vegetables, compared to an average of 5% of older children (14 – 16 years). Vegetables can be tricky to convince kids of their tastiness. You can try hiding them in soups and stews, roasting them, or getting younger children involved in their preparation by making them into funny shapes.**

Glo Health can help you build a varied diet for your child. Come in and chat to me about your child's dietary needs – where they may be lacking food groups and nutrients and whether some supplementation may be necessary.

**Also of interest! (extra for experts!)**

- 17% of children were overweight, 6% were obese and 5% were underweight.
- Only 8% of children consumed vitamin supplements.
- Only 50% of all children surveyed consumed enough water / fluids each day.

If you would like to read the survey in full go to: [http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/\\$File/childrens-nut-phys-survey.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/$File/childrens-nut-phys-survey.pdf)

**Elly Gates, Bachelor Health Science Naturopathy**

**Elly is available in store Monday – Friday 10 am – 5.30 pm**

## Get your Glo on!

### Be a savvy shopper!

**On the last Sunday of each month take advantage of 15% off everything store wide!**

**(excludes already discounted items and treatments in our natural therapy clinic)**

**Sunday trading hours: 11 am – 3 pm**

### Summer smoothy special!



**2 great new flavours have arrived at Glo.**

**Choose from:**

*Cherry Ripe* (frozen cherries, organic

chocolate, milk, honey and yoghurt) or:

*Tropical* (mango, banana, milk, honey and yoghurt)

Kids young, old and everyone in between will love them!

Our Summer Smoothies are just \$7.00 for the first week of February

**Rewards Club members can enjoy our Summer Smoothies for just \$6.00! Don't forget to bring your card with you!**

### Quote Unquote

Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the couds, everything.

Thich Nhat Hanh Vietnamese Buddhist monk, poet, and scholar (1926 - )



# It's time to let your kids Glo!

Start the school year the right way with healthy and delicious fun at Glo Health.

From Monday 1st February until Thursday 4th each afternoon from 3.30 pm it's a carnival at Glo!

Come and check out our easy, healthy and delicious lunch box ideas for your kids – we're sure they'll bring home empty lunch boxes and satisfied bellies every school day! Elly our Naturopath is on hand to discuss your child's diet as well as having great tips for fussy eaters.

Let Glo be fun for your kids too! From 3.30 pm – 4.30 pm Lucy our face painting extraordinaire is here – let her entertain your kids while you relax with our Parental Revival kit – a coffee and a muffin for \$5.00!

**Rewards Club members can enjoy the Revival Kit for just \$4.00! Don't forget to bring your card with you!**

Gary from Kiev Bakehouse will be here Wednesday 3rd with samples of his mini muffins – choose from Raspberry, Blueberry, Rainbow or Choc Chip – all gluten, nut and GMO free and perfect for a morning or afternoon snack.

**Come and indulge in some after school fun at Glo!**

**Special offer for our Rewards Club members:  
For the month of February take a further 20%  
off everything on our sale table!**

## Fig and Fruit Bars



These bars are a great source of nutrition for your kids – they're high in calcium, protein and fibre. Chewy and not too sweet kids love them!

2 cups raw natural almonds (with skin)

1/4 cup finely ground flax seeds (or flax meal)

Finely grated peel of 2 lemons

1-1/4 cups quartered dried figs (quarter before measuring)

1/4 cup agave nectar

2 tablespoons tahini (sesame seed paste)

1 cup dried fruit (you can use the snap fruits or dried cranberries are great too!)

Line a 9" x 9" pan with grease proof paper.

In a food processor combine the nuts and seeds and pulse until you have a fine meal. (Be careful not to over-process or you'll make nut butter!)

Add the wet ingredients and lemon peel and process until the mixture forms a sticky ball. Pulse the fruit to chop them up and fold into the mixture.

Very firmly press the mixture into the lined pan and refrigerate overnight.

## Sustainable packaging solutions

By choosing to use disposable packaging made from plants, together we're helping to save significant quantities of natural resources, while at the same time reducing the amount of greenhouse gases released into the atmosphere. We're using a new generation of versatile, biodegradable packaging all derived from annually renewable resources. Read more about our new packaging online at [biopak.com.au](http://biopak.com.au).

**Biodegradable and compost-able packaging solutions for a healthier planet.**

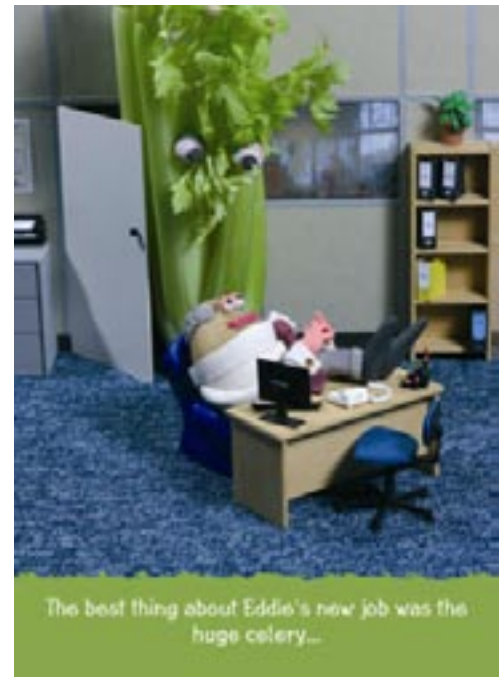
## Fresh from the Market



February is apple season! The first harvests are available now with early season Galas and Abbas on our shelves. In my mind nothing beats a fresh picked apple – the crunchy juicy sweetness with a slight tang – the perfect apple fresh

harvested. Prices are still high and will stay so until mid-Feb.

Berries are still abundant and prices are reasonable. At their peak and very tasty they're a good excuse to get an extra dose of antioxidants and bio-flavonoids (great for anti-aging) as well as having good levels of vitamin C.



**Summer 2010 Store Hours: Monday – Saturday 8 am – 6 pm; Sunday 10 am – 3 pm P 9523 7824 [glohealth.com.au](http://glohealth.com.au)**