



# Diet and Lifestyle Recommendations for Kids

## WHAT AND HOW TO FEED A GROWING BABY—INTRODUCING FOOD

### Be aware of the top allergen foods:

- Corn
- Dairy
- Eggs (start with yolk only)
- Gluten grains (barley, rye, spelt, wheat)
- White (table) sugar
- Shellfish
- Beef
- Pork
- Processed meats
- Coffee, tea, and chocolate
- Peanuts
- Soy

When a baby starts to show interest in solid foods at around six months (reaches for food others are eating and mimics chewing by observing others), start introducing whole foods after learning more about baby-led weaning: <http://www.babyledweaning.com>.

Start with vegetables and meat/poultry as alternating such as first broccoli; next chicken; next carrot; next lamb; etc. Once you are at about 10 foods, you can try adding healthy fats to those foods; then move on to non-gluten grains such as rice or gluten-free oats; notice fruit is near the bottom of the list to help avoid developing a taste for sweet.

- Vegetables
- Pastured meats/poultry
- Healthy oils
- Non-gluten whole grains
- Nuts/seeds/peanut butter (peanut butter only after skin is clear and all foods above are tolerated as a small amount of peanut butter, for example, as mixed in an oat-based cereal with proven tolerance)

- All foods on the top allergens list can be added once skin is cleared up and added into the rotation (except you may want to avoid sugar, processed meats, and chocolate); when you trial eggs, start with the yolks only
- Fruits
- Other legumes such as hummus

**Use principles of baby-led feeding/weaning:**

- Breastfeed exclusively for at least six months.
- Continue breastfeeding if possible/desirable to age 2 or even up to age 5.
- Offer one new food at a time every three days to allow time to observe for any delayed food sensitivities or allergies. It is fine to continue the introduced food during the three days. Remove any food that is reactive and try again in three months. Add all tolerated foods to a list of safe foods.

**Special Example:** 4-month-old baby, Eli, with baby eczema, is exclusively breastfed except for one bottle of infant formula about every two weeks. This example shows how the nutrition of the breastfeeding mother and infant exposures might need to be adjusted, as per clinician. How could you, as a health coach, assist parents with these recommendations?

- Mom avoids gluten and dairy for three weeks and monitors the rash.
- Mom takes 390mg per day of gamma-linolenic acid (GLA) as borage oil or evening primrose oil.
- Use ProDHA prenatal fish oil.
- Try using evening primrose or borage oil topically by opening a capsule with a pin and squeezing out a drop to rub on a rash spot on the infant's skin. Monitor for improvement and use on all rash areas if helpful.
- Check soaps to avoid a common skin irritant: phenoxyethanol.
- Avoid additional vaccines until skin clears.
- Try a goat milk- or camel milk-based formula when needed.
- Expose the skin to sunlight for half the amount of time needed to turn the skin pink. An example length of time is about three to 10 minutes between 8 a.m. and 12 p.m.
- Consider the elimination diet protocol for the mom if the rash does not improve with the above strategies.

## HEALTHY PALEO SNACK IDEAS FOR CHILDREN

Many of these snacks can be prepared by children with minimal assistance/supervision.

- Apple or banana slices with almond or macadamia butter
- Deviled eggs with a side of fresh veggies
- Berry smoothie made with  $\frac{1}{3}$  cup frozen organic berries,  $\frac{1}{2}$  small banana, 1 handful raw spinach,  $\frac{1}{2}$  cup coconut milk,  $\frac{1}{4}$  avocado, and  $\frac{1}{2}$  scoop protein powder such as Designs for Health Pure PaleoMeal
- $\frac{1}{2}$  cup organic Greek yogurt (if dairy is tolerated), or coconut milk yogurt mixed with  $\frac{1}{8}$  cup fresh or frozen berries
- Chomps beef mini stick with pickle slices (cold section of the grocery store) and eight to 10 black olives
- Cucumber boats made with cucumbers (halved and seeds removed); filled with chicken salad
- Raw veggies with 2 tablespoons hummus, salsa, or guacamole, or make homemade Ranch dressing by mixing plain Greek or coconut yogurt with seasonings to taste
- Baked kale chips: spread washed and de-ribbed 3- to 4-inch kale pieces on a cookie sheet, lightly spray with coconut or avocado oil, sprinkle with sea salt or Mrs. Dash, and bake at 350 F for 15 minutes or until crispy
- Primal Kitchen bars

### RECIPE: Paleo kid-friendly protein balls:

Children enjoy helping make these snacks. Let children creatively vary the ingredients, too!

#### Ingredients:

One 16-ounce jar of almond butter (I used Trader Joe's raw creamy almond butter)

$\frac{1}{2}$  cup chopped walnuts

$\frac{1}{3}$  cup sesame seeds

$\frac{1}{3}$  cup chia seeds

$\frac{1}{3}$  cup ground flax meal

$\frac{1}{3}$  cup carob powder such as Bob's Red Mill or cocoa powder

$\frac{1}{3}$  cup cocoa nibs

$\frac{1}{3}$  cup dark chocolate chips

2 scoops collagen powder such as Vital Protein or Great Lakes

2 tablespoons honey

Optional: hemp seeds for coating bites

Dash of sea salt

**Method:** Combine all ingredients in a medium size bowl. Stir until well-mixed. Using a spoon, scoop approximately 1-1/2 teaspoons of the mixture and roll into a ball. If you like, roll the balls in hemp seeds for a coating.