

# 5 Steps for Setting your Kids up for Fueled Success



1

Aim for “balanced” meals and snacks.

- A balanced meal includes 5 components: Protein, Fat, Carbs, Dairy, Fruit/Veggie. Aiming for all 5 components in a meal will ensure that your kid/s will have variety and adequate nutrients to support them throughout the day.

2

Ensure they are having breakfast before school starts.

- Fueling their body at the start of the day will ensure that they have enough energy to not only learn, but also handle the mental load that comes with being at school.

3

Keep extra snacks in their backpack, locker, car, or lunch bag.

- Having snacks in between meals will ensure that they are keeping their blood sugars stabilized throughout the day.

4

Get them a cool water bottle that they can easily fill at school.

- Hydration is so important! If you have an athletic child, I would also encourage using electrolyte packets throughout the day.

5

Keep your conversation about food neutral.

- Your words have a lot more power than you may think. Try to avoid describing foods as “good/healthy” or “bad/unhealthy”. This can create a hierarchy of foods that can lead to guilt, shame, and even fear when eating more fun foods. We can talk about foods in a neutral way: “nutrient dense, balanced, fun, energizing...etc”

Checking in:  
If you feel like you are noticing strange food-related behaviors, these may be early signs of a disordered eating.\* School starting can lead to increased stress and anxiety. This can manifest itself in disordered eating behaviors that can turn into a much more serious issue. Keep a look-out for the following:

- Your teen is avoiding certain foods / food groups, ie fats, carbs, or sugars.
- Only eating at specific times. Rigid timing of meals.
- Avoiding eating with people.
- Preoccupation with “eating healthy”.
- Excessive exercise.

\*If you are noticing some concerning behavior or would just like to have a conversation about how to best support your kid/s, feel free to reach out for a complimentary initial session. I am more than happy to help in any way that I can. Good luck in the new school year!