

10 Fascinating Facts about Children's Diets and the Surprising Connections to Their Behavior and Common Ailments

From **What's Eating Your Child?** by **Kelly Dorfman**

1. Ninety percent of **recurrent ear infections** are caused by food allergies or reactions to food and can be prevented.

2. The **picky eating** epidemic may be reducing children's capacity to learn. Forty percent of the diet of American children is made up of empty-calorie foods. A study of twins found the fussy eaters tended to have lower IQs than their sibling who ate better.

3. Increasing fiber in kids' diets sometimes makes **constipation** worse. Kids need proper muscle development to push stools out, and increasing bulk can make this more difficult for some.

4. Synthetic food colorings really can cause **behavior issues** in some kids. The European Union now requires a warning label indicating so for six targeted dyes.

5. **Bumpy or "chicken" skin** is a sign of an essential fatty acid deficiency, and can be fixed by the consumption of the correct fats.

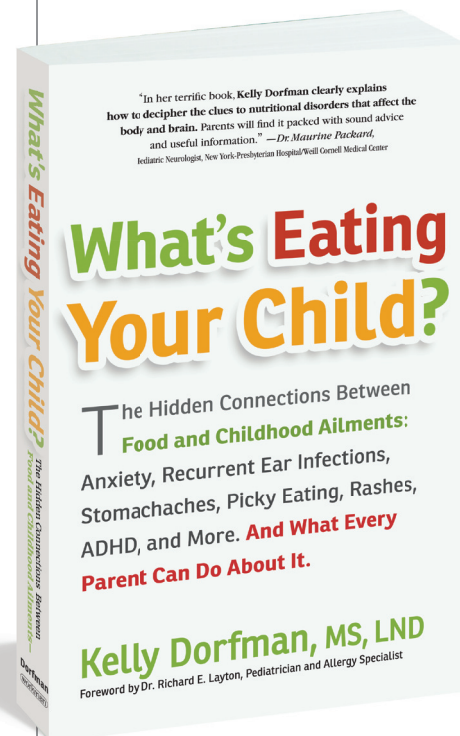
6. Short stature may be caused by zinc deficiency. One symptom of zinc deficiency is **poor growth**.

7. Most **reflux** in children over age two is from food intolerance. Food reactions can irritate the gut lining, causing the stomach to push food up into the esophagus.

8. Eating more fish has been associated with lower levels of depression. This observation was the impetus for numerous studies that found fish oil could successfully treat **psychological disorders** from depression to bipolar disorder.

9. **Extreme moodiness** is one symptom of food intolerance. Some children respond to simple diet changes and can avoid medication and other treatments.

10. Choline is an essential nutrient few people know about whose deficiency symptom is a **reduced capacity to learn**. It is found in fish, liver, and eggs.



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Nutrition Sleuthing 101

Adapted from **What's Eating Your Child?** by **Kelly Dorfman, MS, LND**

SYMPTOM	POSSIBLE CAUSE	POSSIBLE SOLUTION
Gastrointestinal distress, including stomachache, diarrhea, and gas	Intolerance of gluten (the protein found in wheat)	Remove foods that contain gluten from the diet
Chronic ear infections	Immune reactions to casein (the protein found in dairy products) or other food intolerance	Remove dairy products from the diet
Failure to grow, lack of interest in eating	Zinc deficiency (which causes a reduction in the ability to taste or smell)	Add a therapeutic dose of zinc to the diet
Constipation	Intolerance of casein	Remove dairy products from and add probiotics to the diet
Chicken-skin rash	Essential fatty acids deficiency	Balance fats in the diet and add supplemental essential fats
Reflux	Intolerance of casein	Remove dairy products from the diet; repair the GI system by adding probiotics and zinc carnosine
Inexplicable hives	Allergic reaction to genetically modified corn and soy, or the pesticides used on strawberries and other fruits with high pesticide residues	Remove corn and soy from the diet (because almost all soy and corn is GMO); eat organic strawberries, and other fruits and vegetables
Extreme anger, diagnosed as bipolar disorder	Intolerance of gluten	Remove foods that contain gluten from the diet
Speech delays (dyspraxia)	Low availability of nutrients critical for learning	Add Omega 3 fatty acids in the form of fish oil, vitamin E complex, and Phosphatidylcholine (PC) to the diet
Excessive worrying and anxiety	Deficiency in fats needed to balance the nervous system	Add Omega 3 fatty acids, especially EPA, in the form of fish oil to the diet

