

Balanced nutrition can lead to better school performance

One of the best ways you can boost your child's ability to learn is to ensure he eats healthy meals. Did you know that protein and iron help the brain function? And studies show that children who don't eat enough foods rich in iron and protein tend to have lower test scores, poor academic performance and behavior issues.

- Protein is found in meat, fowl, fish and dairy products. There is also protein in eggs, peas, beans, nuts and seeds.
- Iron is in dark green, leafy vegetables and some grains. Red meat, eggs and raisins also are sources.

There are also foods that most experts suspect interfere with learning. Children who eat these foods might not be able to concentrate, sit still or remember well.

Help your child avoid foods that contain:

- Too much sugar--like that found in candy, cookies, soft drinks and sweetened cereals.
- Caffeine--from tea, chocolate or sodas.
- Lots of additives--such as preservatives and artificial flavoring.

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