

SUPER HABITS TO NOURISH YOUR BRAIN & BODY



Balance 360 Paves the Way for Great Mind and Body Health

Making the choice to eat clean is a healthy option for everyone. It's a life changing experience — one that parents, children and the entire family will never regret. It offers a fresh start and an opportunity to set goals for the months to come.

Balance 360 System is a step-by-step approach, designed by a registered dietician, to help parents customize a nutrition plan to fit their child's lifestyle and needs. It progressively removes foods that contain gluten, refined sugar, and dairy. These foods may cause negative reactions, including food sensitivities, inflammation, negative behaviors, physical symptoms and learning challenges.

Many of us are focused on making healthier choices with our meals and snacks. Brain Balance can help! Holly Larson, our registered dietician, offers three recipes and tips to get started on the right foot!

BRAIN BOOSTING SMOOTHIE

- 1/2 ripe avocado, peeled and pitted
- 2 cups frozen mixed berries
- 4 dates, pitted
- 1 cup unsweetened non-dairy milk
- 1 teaspoon vanilla extract
- Blend all ingredients in a blender until smooth and creamy.

PROTEIN-PACKED BOWL

- Cooked brown rice
- Grilled chicken
- Sautéed onions
- Sautéed peppers
- Chopped lettuce
- Cubed avocado
- Tomato salsa
- Chopped cilantro

Let each family member assemble their own bowl.

MIND FORTIFYING PUDDING

- 1 1/2 cups unsweetened non-dairy milk
 - 1/3 cup chia seeds
 - 1/4 cup unsweetened cocoa powder
 - 1/4 tsp sea salt
 - 1/2 tsp ground cinnamon
 - 1/2 tsp vanilla extract
- Blend all ingredients together until smooth. Refrigerate for 4 hours or until thick. Serve chilled, with your favorite toppings, such a fresh fruit or coconut whipped cream. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.

TIPS FOR A HEALTHIER 2018!



Brain Balance®
ACHIEVEMENT CENTERS

Boost the Fruits and Veggies!

One common pitfall is not having enough fruits and vegetables. Even the pickiest of eaters can make small steps towards eating more produce. Tip: frozen fruits and vegetables are just as healthy as fresh and they're often less expensive. Frozen berries are an easy snack with a nutritional punch. Try our smoothie recipe below. Or, pour the smoothie mixture into popsicle molds.

Foster Access to Healthy Choices

Kids often make better choices when they're not forced - let kids have some say. One way to foster their healthy eating autonomy is to provide healthy choices and let your child serve themselves. Will each night be perfect? Of course not. But, giving them choices, each night will help them to develop their own healthy habits. Try meal-in-a-bowl recipes such as our Protein-Packed Bowl recipe.

Limit Added Sugar

Fresh fruits and vegetables have sugar in them naturally - enjoy those! Be cautious with packaged and processed foods as they often have unhealthy additives, including sugar. For example, in our Mind Fortifying Pudding recipe, we use vanilla extract and cinnamon to add a flavor boost vs. adding extra sugar.

Hydrate

Being adequately hydrated is important year-round, but we tend to focus on it more during hot weather. Surprisingly, it is common to be dehydrated even in cold weather! While water is what we want to drink most of the time, it can be nice to have some variety, too! Try making infused water to boost water consumption. How do you know if you're hydrated? Your urine should be pale, like lemonade. If your urine is dark yellow, like apple juice, you're dehydrated.

About Brain Balance Achievement Centers

Brain Balance helps children who struggle behaviorally, socially, and academically through a holistic and integrated approach that is customized to meet the needs of each child. One component of our program is [The Balance 360 System](#), which is a step-by-step program designed by a registered dietician to help parents customize a nutrition plan for their child. We've helped tens of thousands of families and have amazing [success stories](#). Find out more: [The Brain Balance Program](#)